DOC First-Year Trips Mission: The mission of DOC First-Year Trips is to provide a safe, inclusive welcome for as much of the incoming class as possible through an outdoors trip with other Dartmouth students. First-Year Trips aims to empower incoming students from all backgrounds to feel a sense of belonging and agency within the Dartmouth community beginning the day they arrive. Through teamwork, positive and enthusiastic student leadership, and safe challenges, we strive to provide a sense of camaraderie and trust among students. Our goal is that students will begin Dartmouth with familiar faces to reach out to, a sense of inclusion, and confidence to be themselves with the knowledge that they are already valued members of the Dartmouth community.

I. HOW TO REGISTER FOR DOC TRIPS

In order to register for DOC First Year Trips 2016 and be assigned to a trip, you must register online by June 17, 2016. You can update your registration until this date, in case changes need to be made.

As long as you register by the deadline, exactly when you register does NOT affect your trip assignment. If you don’t get everything to us by the deadline we may not be able to assign you to your preferred trip.

Please do not make any travel arrangements until we have assigned your trip (early July).

Registration Form: After reading through all the information in this document, go to the following web page and follow the online instructions to register:

http://doc-trips.herokuapp.com/incoming/register/

If you have difficulty with the online registration, please feel free to contact us.

Payment: Regardless of which trip you are assigned to, the cost to participate in DOC Trips is $235.00 (more if you will be taking a bus—see below). The total charge will be billed to your college account. Please refer to the Payment Form on our website for more details about the cost of the program.

Financial Assistance: We are very committed to making Trips available to anyone, regardless of financial need. We offer generous financial assistance, which you can request through the online registration form. Eligibility for financial assistance is determined in conjunction with the Financial Aid office. We will notify students receiving any financial assistance in July; the balance of the program cost will be charged to your tuition bill. If the cost of Trips may prevent you from participating, please contact us.

Refunds: Students who cancel their trip before July 20th will receive a full refund. Cancellations made between July 20th and August 5th can receive a full refund, minus a $50 processing fee. After August 5th, there are no refunds for any Trips fees.

Please continue reading for important information about the program and registration before registering online. We know it’s a lot of information, but it is very important and will make registration a very smooth process!
II. REGISTRATION INFORMATION:

Please read this before filling out the online form

1. GENERAL INFORMATION: Please use your full, legal name when filling out the registration form.

Logging in: You must use your Dartmouth NetID and password to log in to register for a Trip. Therefore, you must complete the claim your account process before registering. More information on this process can be found here.

Distinction between Transfer and Exchange Students:

   Transfer Students: You are a transfer student if you are transferring from another college or university and intend to graduate from Dartmouth College.

   Exchange Students: You are an exchange student if you are taking classes at Dartmouth for a limited period and intend to return to (and graduate from) your original college or university.

2. EQUIPMENT ASSISTANCE: Trips is open to all students, regardless of prior outdoor experience. Therefore, we offer a limited supply of hiking packs, sleeping bags, sleeping pads, and other equipment, if needed, free of charge. However, we do expect many students to provide their own sleeping bag, sleeping pad, and hiking pack. We highly recommend you borrow equipment from a friend or visit your local Army/Navy surplus store if you are in need of any outdoor gear. You absolutely do NOT need to purchase “state-of-the-art” gear or clothing for Trips; you can find reliable, inexpensive gear and non-cotton clothing at local thrift shops and outlet retailers. If you cannot borrow or acquire gear for your trip, we will happily lend it to you at no charge (priority given to financial aid recipients). When you receive your trip assignment, you will be provided with a list of items you need for your specific trip, and instructions on how to rent gear from us.

3. ACCOMMODATIONS: We recognize that some students may need additional accommodations related (but not limited) to religious practices, physical conditions, dietary restrictions, allergies, diabetes and/or other conditions. We’re committed to providing accommodations for your accessibility needs, including any circumstances that might impact your participation (e.g. electricity can be provided if you require a medical device). Please let us know of your needs on your registration form; all information is kept confidential. You may also contact the College’s Student Accessibility Services Office by phone at (603)-646-9900.

4. SECTIONS: We stagger our program over ten sections so we do not have over one thousand students arriving at the same time. Each section has 12-15 trips. Each trip has two upperclassmen leaders and between seven and ten new students (aka “trippees”). Each trip is five days in length:

   - **Day 1**: Check-in for your trip and meet your leaders and trippees. Students stay in campus lodging provided by Trips.
   - **Day 2 and 3**: You spend two days in the woods hiking, canoeing, learning yoga, fishing, etc.
   - **Day 4**: Your trip is picked up and regroups with the other trips from your section at the Moosilauke Ravine Lodge for a final night.
   - **Day 5**: Your trip returns to campus.

Students who live in the Northeast (NY, CT, RI, MA, VT, NH, ME) are assigned to trips on the first four sections so they can return home after their trip, and then return to campus on the official move-in day (September 6, 2016) to move in to their residence halls.

The last six sections are for students who do not live near campus - they can store their belongings in their dorm room when they arrive. Students on these sections will move into their rooms when their trip returns to campus. There are a lot of fun pre-orientation activities and events if your trip returns before orientation begins on September 6th.
Given the limited time to prepare residence halls before the fall term begins, we MUST be firm about assigning trip sections by where you live and your arrival date. Priority for trip assignments on sections E-J will go to students who do not live in the Northeast U.S. If you live in the Northeast and have an extremely limited schedule that prevents you from going on a trip during sections A-D, please let us know on your registration form. Any student on sections E-J who want to arrive the day before their trip begins will need to make arrangements at a local hotel/motel.

Please confirm your family plans, work schedules, or other commitments before you register for a trip.

<table>
<thead>
<tr>
<th>Section Dates</th>
<th>Section Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Northeast U.S.)</td>
<td>(Other regions)</td>
</tr>
<tr>
<td>A  August 23-27</td>
<td>F  August 29-Sept. 2</td>
</tr>
<tr>
<td>B  August 24-28</td>
<td>G  August 30-Sept. 3</td>
</tr>
<tr>
<td>C  August 25-29</td>
<td>H  August 31-Sept. 4</td>
</tr>
<tr>
<td>D  August 26-30</td>
<td>I  September 1-5</td>
</tr>
<tr>
<td>E  August 28-Sept. 1</td>
<td>J  September 2-6</td>
</tr>
</tbody>
</table>

Trip Changes: Once we notify you of your trip and section assignment, it is extremely difficult to change it. Please double-check your schedule, family plans, and other commitments before submitting your registration information.

Storage: If you are assigned a trip on sections E-J, you will be able to store your belongings in your dorm room the day your trip begins. Keys are available from the Office of Residential Life in North Massachusetts Hall until 4 PM, and you will be able to pick up your key and drop things off in your room even after you check in for your trip, as long as it is before 4 PM the day you arrive. After your trip, you may move into your dorm room. We are NOT able to store any belongings for students on sections A-D.

Check-in and Return: You must check-in at Robinson Hall (the home of the Dartmouth Outing Club) between 2:00 and 4:00 pm on the first day listed for your section (if you are arriving on a 4pm bus, that’s okay!). Arriving at 4pm is okay, but if you are on sections E-J and plan to drop things off in your room before your trip, please arrive slightly before 4pm so you have time to pick up your key (as long as you pick up your key in the housing office by 4, you will be able to drop things off and be at your trip on time). Trips will return to Hanover by 4 PM at the latest on the last day listed for each section. The DOC Trips program does not provide any housing for students before their trip begins, so if you arrive the night before your trip, you will have to make your own arrangements for a place to stay.

5. OTHER PROGRAMS: If you’re participating in other pre-orientation programs and/or are a transfer or exchange student, you are encouraged and eligible to go on a DOC Trip.

International Student Orientation: International students must choose sections E or F in order to attend International Student Orientation. Please contact Danielle Hussey in the International Student Programs office (603-646-2331) if you have any questions about your arrival to campus.

Native American Orientation: Students attending in the Native American Orientation must choose sections E or F in order to be back on campus for the start of this program.

First-Year Student Enrichment Program (FYSEP): First-generation college students participating in the FYSEP Program must choose sections E or F in order to be back on campus for the start of this program.

Transfer and Exchange Students: All transfer and exchange students should choose section H unless they absolutely cannot do this section. Transfer and exchange students will be assigned to trips with both first-year students and transfer/exchange students. They will move in when they return from their DOC Trip.

Recruited Athletes: Recruited athletes for fall sports should indicate on the registration form what sport they’ll be playing in the fall. We have been in touch with all fall season teams and coaches, so we will assign you to a trip that fits with your pre-season schedule. Recruited athletes for fall sports will be able to move in to their residence halls when their trip returns, regardless of what section they are assigned to. Athletes should also check with their coaches about which Trip sections they can attend.
4. TRIP TYPES: We offer a wide variety of trip types (activities) on each section.

- You must list hiking or cabin camping as one of your possible trip choices, as most students will be assigned to those trip types.

- We strive to assign everyone to a trip they will enjoy, but we cannot guarantee that we'll be able to place you on your preferred trip type.

- You increase your chances of getting assigned your preferred trip type by submitting your registration form by the deadline (June 17th, 2016) and by being available for as many sections as possible.

- Residents of the Northeast U.S. should select sections A-D. Students from outside the northeast U.S. should select sections E-J.

- Registering before the deadline will not increase your likelihood of being assigned your preferred trip type(s).

*Climb and Hike Trips* involve both rugged hiking and introductory climbing, but no prior climbing experience is needed. The first day of this trip involves a strenuous 7-mile hike up to a campsite where you will stay in a shelter or under tarps. You will spend the second day learning to climb. This trip is ideal for experienced hikers who wish to be introduced to the world of rock climbing.

*Horseback Riding Trips* take place at the 180-acre Dartmouth Riding Center at The Morton Farm. Intended for riders with some experience, these trips feature riding in both outdoor and indoor arenas. Horseback riders camp on a portion of the farm property, and rise early to tend to and tack up the horses. Sturdy boots are a must for this trip, but all other riding equipment (including horses!) is provided.

*Hiking Trips* of varying levels are available for different levels of experience (see below for the various levels). They can be nature walks based out of a DOC cabin or they can be hikes over some of the steepest peaks in the White Mountains. All difficulty levels involve 2.5 days of carrying a pack containing your clothes and sleeping bag as well as food. Please read the details below before making your choice.

- **Hiking 1: Least Strenuous** - If you're interested in hiking small stretches of trail in beautiful, less mountainous regions of New Hampshire, Hiking 1 may be the trip for you. You hike on the DOC trail system, experiencing beautiful views and staying in shelters or cabins. You can expect to hike up to five miles per day. One of the many Hiking 1 Trips hikes around Balch Hill and Storrs Pond near Hanover. Elevation gain: 0 to 1500 feet.

- **Hiking 2: Moderate** - If you go on a Hiking 2 Trip, you can expect to hike five to ten miles per day over moderately difficult terrain. The peaks, such as Smarts Mountain, Moose Mountain, and Mt. Cube, afford beautiful views of New Hampshire, and hiking them involves more elevation gain than participating in a Hiking 1 Trip. Hiking 2 is great for those willing to accept a challenge in moderation. Hiking 2 Trips stay in shelters or under tarps. Elevation gain: 500 to 2500 feet.

- **Hiking 3: Harder** - On Hiking 3 Trips, most of the hiking is above treeline, involving distances of up to ten miles. These trips are designed to provide similar views to those of the most difficult trips with less of the physical and mental challenge. Some Hiking 3 groups hike in the White Mountain National Forest and summit peaks such as Mt. Bond or Mt. Adams. Elevation gain: 2000 - 5000 feet.

- **Hiking 4: Most Strenuous** - These trips are for experienced hikers and/or students in very good hiking shape. Trips of this level of difficulty involve some of the most rugged hiking conditions on the East Coast. Most of the peaks you climb are above treeline. Distances average 10 miles a day. Hiking 4 Trips spend nights in shelters or under tarps. Examples of routes include Franconia Ridge and the Kinsmans. These are tough trips, but the spectacular scenery makes them well worth the effort. Elevation gain: up to 5,000 feet.

*Canoeing Trips* go on gorgeous, flat-water rivers led by experienced leaders. Canoes, life jackets, dry bags, and paddles will be provided. Students canoe during the day and camp in the Second College Grant or by Lake Umbagog at night. Students will be expected to bring their own packs/duffel bags and non-cotton clothing for this trip. They will also be required to take a swim test upon arriving in Hanover.

*Whitewater Kayaking Trips* begin with basic instruction on kayaking, including strokes, rolling and basic boat movement. Afterwards, participants practice on small rapids. Whitewater trips start on the Magalloway River and paddle the Errol Stretch whitewater near Errol, NH. We provide all kayaking equipment and no kayaking
experience is necessary or expected, but you must be a strong swimmer. Kayakers are required to pass a swim test upon arrival in Hanover.

**Flatwater Kayaking Trips** paddle along the tranquil Connecticut River. You will get to see the scenic Upper Valley and learn basic kayaking skills. We provide all kayaking equipment and no kayaking experience is necessary or expected. Kayakers will be required to pass a swim test upon arrival in Hanover.

**Hike and Yoga Trips** explore nature with a focus on aligning the body and soul with natural surroundings. The Hike and Yoga Trip involves hiking with frame packs into a spectacular student-built cabin on Moose Mountain, going on optional daily hikes, and giving students time to explore nature and yoga. Seasoned yoga experts as well as beginners interested in learning something new are welcome on this trip type.

**Cabin Camping Trips** are an opportunity to relax in beautiful DOC cabins and explore the surrounding areas. You carry a frame pack or duffel bag while hiking to your cabin. Day hikes and other outdoor adventures are optional. The cabins were built by various Dartmouth students and alumni, through the Dartmouth Outing Club, and are set in beautiful spots in the woods with lots of space for nature exploration. This trip is great for anyone, regardless of your level of outdoor experience.

**Nature Photography Trips** are a great opportunity for students with an interest in photography to photograph New Hampshire's White Mountains. Students stay in a cabin and take short, moderate day hikes. Most Nature Photography Trips take students to the Second College Grant, where they have the option of hiking Diamond Peak Mountain. This is a great trip type for people without a lot of hiking experience. We have a small number of cameras for students to borrow if needed, however, we do not have enough for everyone. Students with cameras should bring them.

**Nature Exploration Trips** Nature Exploration Trips provide an incredible opportunity to explore New England's landscape by adventuring in the woods. Local guest experts share their knowledge of local ecology, history, flora and fauna. One Nature Exploration Trip camps out at the DOC's Hinman Cabin and has the opportunity to swim in Reservoir Pond and/or hike Smarts Mountain, both of which are within walking distance. This trip is great for people without a lot of hiking experience.

**Nature Writing and Art** is an opportunity to enjoy the beauty of the wilderness while engaging in art, writing, and wilderness literature. Participants stay in DOC cabins, explore the Second College Grant or the foothills of the Presidential Range on short hikes, and are invited to use nature as inspiration for expression and creation. as well as read, discuss, and appreciate great wilderness literature if interested. You can write, paint, share, read, and discuss as much or as little as you want. Nature Writing and Art Trips are great for people without a lot of hiking experience.

**Mountain Biking Trips** explore mountain biking trails at Oak Hill, which is five minutes from Hanover. No mountain biking experience is required, but Mountain Biking Trips are intended for people who are comfortable on bikes. The first day of this trip involves mountain biking instruction and practice on a skills course. On the second day, trips go on a morning trail ride through the beautiful Oak Hill area. Mountain biking is rated as a 'moderate' difficulty Trip, as there is some uphill pedaling. We recommend mountain biking students take a swim test upon arrival in Hanover in case they wish to swim in nearby Storrs Pond during the trip.

**Adventure Quest Trips** lead students through a problem solving adventurous scavenger hunt around Oak Hill. The first day involves orienteering and map reading. The second morning is formatted as a treasure hunt using the skills from the previous day, with games and prizes along the way. This trip gives people the opportunity to explore the Storrs Pond and Oak Hill areas, as well as gain some valuable orienteering skills, facilitated by knowledgeable trip leaders.

**Community Service Trips** will have the opportunity to explore different local service organizations in the Upper Valley. The first day is spent at the Storrs Pond Recreational Area. Activities on this day can range from swimming, easy hiking, to volleyball on the beach. On the second day, this trip will participate in a local service project and explore service opportunities in the Upper Valley area, guided by staff members at the Tucker Foundation.

**Fishing Trips** take place in the Dartmouth Second College Grant, a 27,000-acre wilderness area in northern New Hampshire. The Grant provides ample opportunity for hiking and nature study in addition to fishing. You are encouraged to bring your own fishing gear (but some is available!), and required to purchase a short-term New Hampshire fishing license for $28. Given the trip's proximity to water, you may want to take your swim test while in Hanover.
**Sailing Trips** will spend two days on Lake Mascoma at the Dartmouth Yacht Club, where they will be instructed on basic sailing skills from knowledgeable trip leaders. Trips will get to explore Mascoma Lake and relax on the beach. No prior sailing experience is needed.

**Organic Farming Trips** take place at either the Dartmouth Organic Farm or Luna Bleu Farm (owned by Dartmouth alumni) in Vermont. You learn the basics of organic farming while helping out with various projects, which might include milking cows or harvesting vegetables. Organic farming trips eat extremely well (fresh local produce!) and have the option to swim in the Connecticut River, so participants should take the swim test if they’d like to swim while at the farm.

### 6. BUS TRANSPORTATION (sections A-D):

We offer bus transportation (and financial assistance for this expense) from various areas of the Northeast to bring students to Hanover for their trips during Sections A-D and return them home after their trip comes back to campus. Because of the need to reserve spaces on later sections for those who live farther away, it is *essential* that all students from the Northeast register for trips on sections A-D. We encourage using the busses, as they are a more environmentally friendly way to transport yourself to campus.

Please select a bus transportation option *unless* you are absolutely unable to come on sections A-D, *OR* live further than 75 miles from one of our bus pick-ups (see below), *OR* you have convenient, reliable transportation to/from Hanover.

Students in the first four sections will **not** be able to move in to their rooms after their trips or drop anything off in their rooms before their trips start. Students on these earlier sections will travel to Hanover for their trip (with just their trip gear) and then return home after their trip. On move-in day (September 6, 2016) students on sections A-D will return to campus through transportation they arrange themselves.

The cost of your bus ticket (see below) will be added to your tuition statement. However, we also offer financial assistance to defray the cost of the bus ticket. **If this cost will prevent you from participating in Trips, please let us know and we can help!**

We have chartered buses to pick students up and drop them off after Trips at the following locations. All are round-trip unless otherwise indicated:

<table>
<thead>
<tr>
<th>Bus</th>
<th>Location</th>
<th>Fare</th>
<th>Bus</th>
<th>Location</th>
<th>Fare</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>New York, NY</td>
<td>$115</td>
<td>5</td>
<td>Providence, RI</td>
<td>$80</td>
</tr>
<tr>
<td>2</td>
<td>Fairfield, CT</td>
<td>$98</td>
<td>6</td>
<td>Newton, MA</td>
<td>$60</td>
</tr>
<tr>
<td>3</td>
<td>Bridgeport, CT</td>
<td>$98</td>
<td>7</td>
<td>Boston, MA</td>
<td>$60</td>
</tr>
<tr>
<td>4</td>
<td>New Haven, CT</td>
<td>$98</td>
<td>8</td>
<td>New York, NY</td>
<td>$60</td>
</tr>
</tbody>
</table>

NOTE: These buses do **not** pick up at the airport. They are for students who live in the Northeast, not students who will be flying to Boston or Manchester airports. (Transportation from the airport must be arranged on your own.)

You will receive bus information (date, time, and place of departure and return) along with your trip assignment. Please remember that you must only bring what you will need for the trip – nothing else! **There will be NO storage in Hanover for personal belongings of students on trips sections A-D. Only bring what you need for your trip!**

### 7. GENERAL PHYSICAL CONDITION and OUTDOORS EXPERIENCE:

We will match you to a trip that best suits your interests and abilities. For this reason, please be specific and detailed in describing your physical condition and outdoors experience on the registration form. We want to challenge you as little or as much as you feel comfortable with. The more information you provide, the better!
8. FIFTY-YARD SWIM GRADUATION REQUIREMENT: All participants of water-based trips (and other trips as indicated in trip types) must successfully swim two lengths (50-yards) of the pool on the first day of their trip. Please indicate your comfort level with swimming on your registration form so we can assign you to the most appropriate trip. This is also a College graduation requirement and the best time to complete it even if you are not participating in a water trip. While most students choose to complete this requirement at this time, you may arrange to complete it at a later date.

9. MEDICAL INFORMATION: This will absolutely NOT affect your ability to go on a Trip. While many students manage their own health needs, we would prefer that you let us know of any needs or conditions including (but not limited to) allergies, dietary restrictions, and chronic illnesses, as specifically as possible. We are able to accommodate any accessibility need (e.g. we can provide electricity if you require a medical device, etc.).

If you have any medical problem(s) that may become aggravated in the outdoors, it is your responsibility to consult with your doctor before your trip begins for instructions or medication. We’re happy to provide additional details about your trip’s itinerary if needed.

We encourage you to provide as much detail as possible on your registration form. All information will be kept confidential. Please contact us if you’d like to discuss any accommodations. You may also contact the Student Accessibility Services Office by phone at (603)-646-9900.

III. OTHER DETAILS

CONFIRMATION: We understand that many family plans, work schedules, and other commitments depend on what trip and section you are assigned to. We will be working very hard to process all registration materials and notify you of your trip assignment by mid July, at the very latest. Please do not make travel arrangements until we have assigned your trip. Thank you in advance for your patience with this process. Your trip assignment will available online at:

http://doc-trips.herokuapp.com/incoming/

REGISTRATION DEADLINE: June 17th, 2016. Late registrations will be accepted, however, you may not get your preferred trip type or section. If you register online after June 17th, you must notify us via email in order for your registration to be complete.

ADDITIONAL INFORMATION: Please refer to our website first for the latest information. Visit our blog for more information, stories, photos, and more. You can also connect with us on Facebook and Twitter (@DOCtrips) to stay up-to-date with DOC Trips.

Woah - that was a LOT of information and details! We know there are many things to think about as you register for DOC Trips, so please let us know if you have any questions or concerns. We're here to help you out – so after you visit our website – feel free to give us a call or shoot us an email. The beginning of your time at Dartmouth is fast approaching and we cannot wait to meet you this fall!

Josh Cetron ‘16
Director

Anna Gabianelli ‘16
Assistant Director

Dartmouth College | P.O. Box 9
Hanover, New Hampshire | 03755
603-646-3996 | docfirstyeartrips@gmail.com