

FALL SCHEDULE

OUTDOOR PROGRAM



RECREATION & WELLBEING
OUTDOOR PROGRAM

25

**"BEST
WEEKEND
OF MY LIFE"**

**"THE
TRIP LEADERS
WERE AWESOME!"**

**"FUN,
EASY,
SO WORTH IT!"**



University of Idaho
Recreation and Wellbeing

ABOUT



the OUTDOOR PROGRAM

at the University of Idaho

The University of Idaho Outdoor Program is a non-profit service organization providing the community with education and resources for adventure-based, human-powered, and environmentally sound activities. We promote teamwork, leadership, and growth through outdoor experiences.

FAQ

What services are offered through the Outdoor Program?

Instructional Trips
Cooperative Trips
Rental Equipment
Outdoor Information

Resource Material
Trip Planning Assistance
Equipment Repair
Ski & Snowboard Tuning

How do trips work?

The Outdoor Program adventures fall into one (sometimes two) of the following three categories of trips:



SKILLS-BASED: Trips that teach a specific skill for outdoor adventures - kayak rolling, first-aid and avalanche education, as examples.



EUSTRESS: Trips that encourage positive growth and skill development. Expect a challenge, to deepen your outdoor knowledge and adventure to new terrain.



RESTORATIVE: Trips that encourage taking a break from the everyday hustle and bustle. Expect time for contemplation, discover a new paradigm and just have fun!

How much does it cost?

Cooperative trips are cost sharing. Listed fees are for transportation, instruction, and group gear (if necessary).



How does food and supplies work?

Unless specified, participants supply all their own food and sleeping supplies (ex. sleeping bags, tents, etc.). There are certain trips that include meal planning and purchasing. Required pre-trip meetings are held to work out trip details.

What if I don't have the right equipment or supplies?

Personal equipment can be rented or purchased through the Outdoor Program Rental Center.



What does the "Iconic Idaho Experience"

Big wilderness, scenic rivers, breathtaking mountain lakes, jagged peaks and more. These trips embody places that are iconic Idaho adventures. Do one a year and hit them all by the time you graduate.

How do I participate?

Registration for trips is completed in person at the Outdoor Program office located in the Student Recreation Center (SRC). All sign-ups for **Fall 2025 will open on Wednesday, August 20.**

Registration closes 24 hours before pre-trip. Each program lists details regarding cost, required pre-trip meeting, and trip specifics. Transportation is usually included.

Fees are due to confirm program reservation and are non-refundable. Non-university students may be charged an additional fee, which will be listed in the program information. **Cash or check only!**

Release of liability form, health screening questionnaire, packing list, and course information will be emailed out to participants after sign-up.

Required pre-trip meetings will happen in person or virtually depending on the program. Stop by the Outdoor Program Office or call for additional information.

Some events don't require registration — look for this symbol that indicates the program is a drop-in.



"I loved how involved we were with the trip. I only wish the trip was longer — I didn't want it to end!"



"I loved being immersed in nature and sleeping under the stars. I really liked the sense of teamwork and how everyone was expected to help."

OUTDOOR TRIP



RATING SYSTEM

Spice Measures Motion, Not Just Flavors.

How much physical exertion should I expect on each trip?

*Chili icons listed across this schedule indicate the minimum number of hours of movement you can expect. The spicier the trip, the more movement you can expect!



1-2 Hours



1-4 Hours



> 4 Hours

WHY SHOULD I

GET OUTSIDE?

Nature Boosts Mind, Body, Mood, and More.

There are so many reason **NOT** to go outside: takes too much time, too much money, maybe you don't have the skills, don't know anyone to go with, you're afraid of the unknown, there are bugs, or the weather could be rainy/snowy.

We're here to tell you that there are **FREE** ways to get outside, that don't take lots of time, are here on campus, need no skills or special equipment, we provide the people, minimal (if any) bugs, and all you need is a rain jacket if it's raining out.

Join us for our **Fall Equinox Hike**, part of the University of Idaho's Nature Rx program.

DATE	TIME	LOCATION	COST
Sept. 22	5 p.m.	Meet-up outside the SRC	FREE

What are the health benefits of going outside? There are so many, but here are a few to think about from current research in the field:

Academic: increase focus, increase concentration, better memory recall, better problem solving, better reasoning

Physical: improved eyesight, increased vitamin D

Mental: reduce stress, reduced symptoms of depression, reduced symptoms of anxiety, improved mood/mindset

Social: decrease loneliness, increased/deeper friendships

Creative: increases creativity, joy, inspiration

**FIND YOUR 20 MINUTES EACH DAY
TO GET THE BENEFITS!**



CONTRACT TRIPS

MENU & SIGN-UP INFO

You bring the people, we bring the adventure!

Contract trips are activities where you bring the people, we bring the adventure! We work with all different groups across campus. Don't see something you like below? Reach out with your idea and we will see what we can do!



Teamwork Activities (1-3 hours)

\$8/hour per person

We work with you to facilitate activities that help build the qualities you are looking for in your team including improved communication, empathy, team bonding, problem-solving, and conflict resolution.

Hiking Trip (4-8 hours)

\$20 per person

8-person minimum



Hike to a scenic viewpoint with your group and build memories and adventure on the Palouse. We do the driving and logistics, you just show up and hike! Hikes range from very easy to difficult — your choice!

SUP-per with UIOP (2-4 hours)

\$40 per person, groups of 6-10 people

Dinner included as a part of trip cost



Enjoy a relaxed evening on the water with a stand-up paddleboarding adventure, followed by a shared meal with your group. This experience blends outdoor fun with good food and great company.



Climbing Center Group Reservation (2 hours)

\$120 up to 10 people

\$12/additional person

Climb to new heights with your group in our climbing Center. Use the QR code on the right to fill out a request form and we work with you and your group needs.

**SCAN
TO RESERVE THE
CLIMBING CENTER**



UIDAHO.EDU/OUTDOORPROGRAM

“I think this pushed me outside of something that I would normally do while also challenging what I am capable of. That really made me push my self harder.”

CONTRACT TRIPS

MENU & SIGN-UP INFO CONT.

Rafting Day Trip Day Trip | \$110 per person 8-person minimum



Float on the Lower Salmon enjoying class III rapids and sandy beaches. We provide all equipment and transportation. Lunch included for an additional \$10/person.

Rafting Multi-Day Trip Multi-Day Trip | \$250 per person \$110/person for each additional day 8-person minimum



Length: We customize our multiday raft trips to your needs. Our trips can run from two to six days.

Cost: Our base price for a two-day trip is \$250/person with a minimum of eight participants. The cost includes all logistics including leaders, transportation, shuttle, permis, group gear, meals, and sleeping equipment. Additional days are \$110 per person.

RAFTING THE SALMON RIVER SYSTEM

The Salmon is one of the largest free-flowing river systems in the lower 48 states. Originating from Idaho's mountainous wilderness core, the Lower Salmon is roadless and made up of rugged canyons, pristine beaches, and exhilarating class II and IV whitewater rapids. Our groups travel in paddle rafts with oar assist followed by support rafts covering up to 63 miles of remote river corridor, depending on the length of trip.



Registration: Our trips fill up fast, so we recommend contacting us as early as January or February to reserve your spot for Summer and Fall adventures. We'll work with you to meet your goals while staying within your budget. **Full payment is due one week before the trip departs.** We plan and purchase food in advance, tailoring our menus based on the number of participants and any dietary restrictions shared at the time of registration.

"It was a blast and a great way to connect with others."



CONTRACT TRIPS

MENU & SIGN-UP INFO CONT.



MAMBA Trails Trailbuilding (2-4 hours) FREE Groups of 6-22

The perfect way to do teambuilding is to team up to do some trailwork! Help out a local non-profit and build local Moscow Area Mountain Biking Association (MAMBA) trails.

Leave No Trace Workshop (1-2 hours) FREE Unlimited participants

We come to you and do an educational workshop about Leave No Trace for your group to learn how to recreate responsibly in the Pacific Northwest. **Only available on weeknights.**



MAMBA (Moscow Area Mountain Bike Association) Trails



Nearly all of MAMBA's trails are located on private lands. We have access to these trails because of the generosity of the landowners, and because we act as good stewards of that land. Please help us to continue that model so that generations to come can enjoy riding, hiking and recreating on Moscow Mountain.

Moscow Mountain Rules to Remember

- Respect Private Land
- No Motorized Access On Trails, or Behind Gates
- No Fires
- Respect Closures
- Be Kind, Curteous and Respectful



**DOWNLOAD
THE TRAILFORKS
APP
FOR FULL MAP**



"I will tell people how engaging the trip was and how supportive the trip leaders were."

“These trips helped me realize the importance of self motivation”

INTRO to OUTDOORS

Vandal Welcome Raft

Lower Salmon, Idaho



Enjoy a whitewater rafting trip on the Salmon River to kick off the school year. Includes equipment and transportation.

COST

Students | \$85
All Others | \$100

DATES

Pre-Trip | Aug. 28 at 5:30 p.m.
Trip | Aug. 30

Tour of the Palouse

Spring Valley (and more!), Idaho



Grab breakfast at the farmer's market, stand-up paddle board at Spring Valley, Lunch at the Pie Safe, hike on Moscow Mountain and visit the Latah Fair — all in one day!

COST

Students | \$65
All Others | \$85

*Food cost not included

DATES

Pre-Trip | Sept. 12 at 5:30 p.m.
Trip | Sept. 13

ANNUAL OUTDOOR EQUIPMENT SALE & SWAP
THURSDAY, NOV. 6 | 6 - 8 P.M.
@ the Student Rec Center

ADMISSION
Limited entry - First come, first served.
\$10 to sell your own gear (not applicable to 12 and under)
\$5 per person from 6 - 6:30 p.m.
\$1 per person from 6:30 - 7 p.m.
Free from 7 - 8 p.m.
U of I students and children under 12 FREE

University of Idaho
Recreation and Wellness

OUTDOOR PROGRAM

All proceeds go to the Vandal Ski Team.

OUTDOOR WORKSHOPS

2-hour **FREE** workshops on campus to help strengthen your outdoor skills!

Outdoor Photography Workshop



Student Rec Center Classroom

Learn how to take epic photos outside with your phone or camera. Cost is free but you must bring your own camera and/or phone camera.

COST
FREE

DATE
Sept. 18

TIME
5 - 7 p.m.

Fall Equinox Hike



Meet-up at the Student Rec Center

Join us on a walk around the arboretum to learn about the plants in the fall and enjoy some hot drinks. (BYOM-bring your own mug!)

COST
FREE

DATE
Sept. 22

TIME
5 - 7 p.m.

Outdoor First Aid Clinic



Student Rec Center Classroom

Learn more about the WFR (Wilderness First Responder) course taught in January and how to build a split on an arm.

COST
FREE

DATE
Oct. 15

TIME
6 - 7 p.m.



WILDERNESS FIRST RESPONDER HYBRID COURSE

WILDERNESS MEDICINE
BASIC LIFE SUPPORT SKILLS
CPR CERTIFICATION

FULL COURSE: JAN. 5 - 9 | \$780
REFRESHER: JAN. 8 - 9 | \$380
REGISTRATION DUE: DEC. 5

To register, visit the Outdoor Program Office
or for more information, visit uidaho.edu/outdoorprograms



"This made me understand I can do more than I truly knew about my self."

SPECIAL

EVENTS

Annual Outdoor Equipment Sale & Swap



Multi-activity court inside Student Rec Center

COST

Sellers | \$20

Entry from 6 - 6:30 p.m. | \$5

Entry from 6:30 - 7 p.m. | \$1

Entry from 7-8 p.m. | FREE

CURRENT UI STUDENTS &
CHILDREN 12 OR UNDER | FREE

DATE

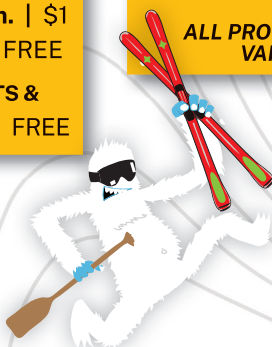
Nov. 6

TIME

6-8 p.m.

SELLER SET UP STARTS AT 5 P.M.

ALL PROCEEDS SUPPORT THE
VANDAL SKI TEAM.



Wilderness First Responder Hybrid Course

Student Rec Center Classroom

Taught by Desert Mountain Medicine.



FULL COURSE

Cost | \$780

Dates | Jan. 5-9

*Registration closes Dec. 5, 2025.

REFRESHER COURSE

Cost | \$380

Dates | Jan. 8-9

*Registration closes Dec. 5, 2025.

MONSTER MATCH

CLIMBING COMPETITION

OCTOBER 31, 2025

7-9 P.M.

U OF I CLIMBING CENTER

"I think it was good to be responsible for myself. My experience depended on me and my abilities and attitude towards everything."



HIKE & BIKE

Intro to Backpacking

Selway River, Idaho



Join us to learn some of the basic skills needed to know to go on your own backpacking adventures! Equipment, transportation and instruction are included.

COST

Students | \$65
All Others | \$85

DATES

Pre-Trip | Sept. 10 at 5:30 p.m.
Trip | Sept. 13-14

Women's-Led Backpacking to Hotspots

Stanley Hot Springs, Idaho



Women's-led trips are open to all!

Join us to learn some of the basic skills needed to know to go on your own backpacking adventures! Enjoy camping near remote hotspots in this unique outdoor experience! Equipment, transportation and instruction are included.

COST

Students | \$65
All Others | \$85

DATES

Pre-Trip | Sept. 17 at 6 p.m.
Trip | Sept. 20-21

Advanced Backpacking

Mallard-Larkins, Idaho



Join us with the Great Burn Conservation Alliance in restoration work at Heart Lake on this four-day backpacking trip.

COST

Students | \$85
All Others | \$105

DATES

Pre-Trip | Sept. 22 at 5:30 p.m.
Trip | Sept. 25-28

"I would tell anyone interested how beautiful the basin was. I would also tell them that UIOP has many trips people can go on even without experience."



"I learned that biking long distances is possible and that it is not too hard to just go bikepacking which was a lot of fun!"

HIKE & BIKE

Bikepacking to Hotsprings

Payette Forest, Idaho



Join us to learn everything you need to know to go on your own bikepacking adventures! You must have your own mountain bike and safety gear (helmet and lights). Bike and camp near a hotspring!

COST

Students | \$75

All Others | \$90

DATES

Pre-Trip | Sept. 16 at 5:30 p.m.

Trip | Sept. 20-21

Fall Backpacking

Rapid River, Idaho



Explore a dramatic canyon along the pristine waters of Rapid River. You'll encounter old homesteads and breathtaking views.

COST

Students | \$65

All Others | \$85

DATES

Pre-Trip | Sept. 30 at 5:30 p.m.

Trip | Oct. 4-5

Utah Backpacking

Grand Staircase — Escalante, Utah



Have a Fall break you'll never forget and discover the maze of red sandstone canyons that winds through southern Utah. This trip is designed for individuals of any skill level.

COST

Students | \$275

All Others | \$350

DATES

Pre-Trip | Nov. 18 at 5:30 p.m.

Trip | Nov. 23-29



WATER

Open Kayak Pool Sessions

UI Swim Center



This is a chance for kayakers of all experience levels to work on skills in the safety of the pool. Includes equipment.

COST

Students | \$10

All Others | \$10

DATES

Sept. 10

Sept. 17

Sept. 24

TIMES

7-9 p.m.

7-9 p.m.

7-9 p.m.

Kayak Touring

Priest Lake, Idaho



Enjoy an overnight flatwater kayaking adventure to one of the most scenic lakes in Idaho.

COST

Students | \$120

All Others | \$160

DATES

Pre-Trip | Sept. 9 at 5:30 p.m.

Trip | Sept. 13-14

CLIMB

Climbing Center Hours

*Hours subject to change during holidays, academic breaks and special events.

*Must have a valid Vandal Card and basics clinic OR completed U of I Climbing Center skills assesment.

CLIMBING CENTER

Monday-Friday | Noon-9 p.m.

Saturday-Sunday | Noon-7 p.m.

YOUTH CLIMBING

Monday-Friday | 1-6 p.m.

Saturday-Sunday | Noon-7 p.m.

"The students that work there are EXCELLENT and the trips are always worth while!"



CLIMB

Climbing Basics Clinics

***All guests MUST have a completed basics clinic or completed skills assesment on file with U of I climbing center staff — one-time requirement for all.**

The basics clinic consists of learning how to tie the figure 8 follow through knot, belay using a manual braking belay device and cover proper communications between climbers and belayers.

COST

Students | \$12
All Others | \$15

WHEN?

6-8 p.m. | Mon., Tues., Thurs., & Fri.
during academic year.

Free Rental Fridays

U of I Climbing Center

DATES

Aug. 29
Sept. 26
Oct. 31
Nov. 21
Dec. 19

Vandal Free Climb

U of I Climbing Center

***Open to current U of I Students only**

First week of school basics clinics include shoe/harness rentals and are **FREE** (first come, first serve) for current U of I Students.

COST
FREE

DATES	TIME
Aug. 25 -29	6-8 p.m.

Intro to Lead Climbing Clinics

U of I Climbing Center

A clinic to get you prepared for using your own rope! Review skills, how to use quickdraws, lead belaying with a braking device, catching & taking falls safely and safe communication.

COST
Students | \$12
All Others | \$15

DATES

Sept. 3
Oct. 1
Nov. 5
Dec. 3

TIME
6-8 p.m.



CLIMB

Monster Match Setting Party

U of I Climbing Center

Learn how to set climbing routes from our awesome climbing staff!

***Must have a completed climbing basics clinic on file.**

COST
FREE

DATE	TIME
Oct. 30	6-10 p.m.

Monster Match Climbing Competition

U of I Climbing Center

Frighteningly fun climbing and costume competition.

COST
\$20
SWAG included!

DATE	TIME
Oct. 31	7-9 p.m.

Mini Monster Match Climbing Competition

U of I Climbing Center

Frighteningly fun climbing comp for kids under 12 years old. Climbers work with their guardian to fill out the Halloween bingo card while the climber makes their way around the gym. Those who fill out the card get a treat.

COST
\$5
SWAG included!

DATE	TIME
Oct. 31	6-7 p.m.

Aerial Arts Clinics

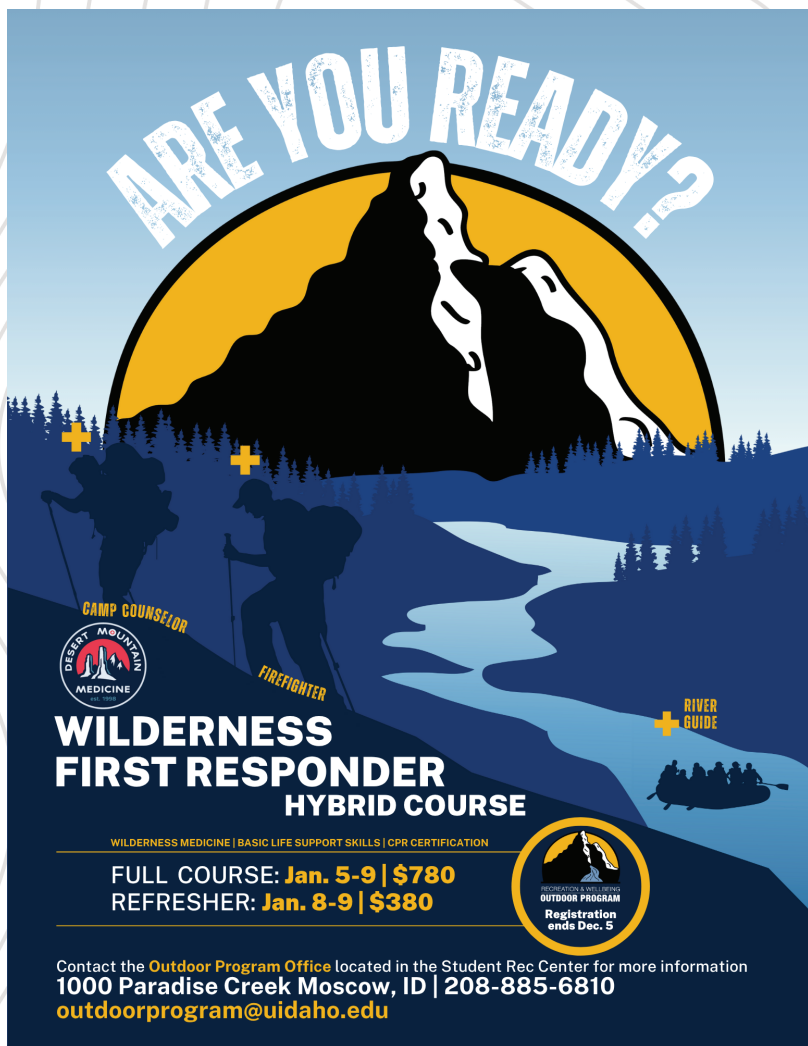
U of I Climbing Center

Come for a basic introduction to the craft and art of aerial dance including silks, lyra and sling techniques.

COST
\$10

DATES	TIME
Sept. 24	6-8 p.m.
Oct. 22	
Nov. 19	



A stylized poster for the Wilderness First Responder Hybrid Course. The background is a light blue sky with white, wavy lines representing clouds or topography. A large, black silhouette of a mountain range is centered in the upper half, set against a bright yellow semi-circle representing a rising or setting sun. Below the mountains, a dark blue silhouette of a forest line is visible. In the foreground, a winding river flows from the right towards the center. On the left bank of the river, two hikers with backpacks and trekking poles are shown in silhouette. One hiker is labeled 'CAMP COUNSELOR' and the other 'FIREFIGHTER'. On the right bank, a small boat with several people inside is shown in silhouette, labeled 'RIVER GUIDE'. The text 'ARE YOU READY?' is written in a large, white, distressed font, arching over the top of the mountain. The main title 'WILDERNESS FIRST RESPONDER HYBRID COURSE' is in bold white text. Below the title, a thin line separates it from the text 'WILDERNESS MEDICINE | BASIC LIFE SUPPORT SKILLS | CPR CERTIFICATION'. Further down, the course details are listed: 'FULL COURSE: Jan. 5-9 | \$780' and 'REFRESHER: Jan. 8-9 | \$380'. A circular logo for the 'DESSERT MOUNTAIN MEDICINE' is on the left, and a circular logo for the 'RECREATION & OUTDOOR PROGRAM' with the text 'Registration ends Dec. 5' is on the right. At the bottom, contact information is provided: 'Contact the Outdoor Program Office located in the Student Rec Center for more information', '1000 Paradise Creek Moscow, ID | 208-885-6810', and 'outdoorprogram@uidaho.edu'.

ARE YOU READY?

CAMP COUNSELOR

FIREFIGHTER

RIVER GUIDE

**WILDERNESS
FIRST RESPONDER
HYBRID COURSE**

WILDERNESS MEDICINE | BASIC LIFE SUPPORT SKILLS | CPR CERTIFICATION

FULL COURSE: **Jan. 5-9 | \$780**
REFRESHER: **Jan. 8-9 | \$380**

DESSERT MOUNTAIN
MEDICINE
EST. 2014

RECREATION & OUTDOOR
PROGRAM
Registration
ends Dec. 5

Contact the **Outdoor Program Office** located in the Student Rec Center for more information
1000 Paradise Creek Moscow, ID | 208-885-6810
outdoorprogram@uidaho.edu

Get in TOUCH!

Outdoor Program Office: (208) 885-6810 | 9 a.m. - 5 p.m.

Rental Center: (208) 885-6170 | 10 a.m. - 6 p.m.

uidaho.edu/outdoorprogram | outdoorprogram@uidaho.edu



@UI_OutdoorProgram
#VentureLikeAVandal

