





URSA

Essential Information Packet

Welcome to URSA!

To best prepare for your trip, please read the Essential Information Packet carefully and completely. It contains important details and knowledge that we have gleaned from over 25 years of operation. After you've finished reading, complete the checklist below to ensure your preparation!

- ☐ Review **Gear List** and acquire all items
- ☐ Visit findAURORA.psu.edu for more info and FAQs
- ☐ Follow AURORA on social media for updates
 -  [@pennstateAURORA](https://www.instagram.com/pennstateAURORA)
 -  [fb.com/pennstateAURORA](https://www.facebook.com/pennstateAURORA)
- ☐ Pack all your gear and embark on your expedition!

Contact Us

We'd love to answer your questions.

✉ AURORA@psu.edu

📞 program questions:
(814) 865-3890

📞 registration questions:
(814) 865-4972

Arrival Information

Where: Snider Agricultural Arena
Penn State University Park campus

When: Monday, August 12
check-in begins at 10:00 a.m.,
program kick-off at 10:30 a.m. (*attendance required*).

Bring: Personal gear and clothing from **Gear List**,
lunch for the first day

Parking

Parking for check-in and dropoff is provided in the Ag Arena parking lot. Students who wish to park their car for the duration of the program are able to do so for a nominal fee and will receive more instructions about how to purchase a permit closer to the start of the program.

Conclusion and Departure

FINAL MORNING: Return to the Ag Arena for breakfast; Clean and de-issue gear; Discuss remainder of course requirements and assignments; Fill out program evaluations

DEPARTURE: Program finishes at 11:00 a.m. on Friday, August 16. Students may then be picked up by parents or drive themselves home.

Additional Info

Service Projects

In general, our service projects consist of manual labor, often outdoors. It is important that you prepare both mentally and physically for this work. That also includes proper clothing. More information about clothing quantity and material will follow but be sure to prepare for a variety of types of work. You may want a T-shirt and shorts for a project painting a fence, or you might want pants and long sleeves for a weeding project. Come prepared for all of the above!

Cell Phone Policy

Cell phones are not permitted on your trip. You may bring them on opening day, but they will be left in a secure location with any bags or extra items for the duration of your experience. Cell phones distract from the experience that your AURORA trip aims to provide in the backcountry. Your trip leaders will have cell phones for use only in case of an emergency.

Physical Preparation

The best way to prepare for URSA is to spend some time undertaking physical conditioning—if you are used to sitting in a classroom all day, start walking and then increase to running, hiking, swimming, and any other cardiovascular activity that will help get you in shape.

Footwear

The most important piece of equipment that you will bring is sturdy, comfortable, closed-toed footwear. Hiking boots are a great option, as some of the service sites are likely to be dirty and muddy. They should fit you well with some wiggle room and be well broken-in and sturdy. If you are buying new boots, be sure to work with your local outdoor retailer to ensure that you have the proper fit and correct boot for your feet.

Group Gear

URSA will provide all necessary group gear and equipment. This includes daypacks, sleeping bags, sleeping pads, tarps, stoves, first aid kits, and other items. You are welcome to bring your own personal sleeping bags, and sleeping pads if you desire, but they will be assessed by our staff before departing on the trip.

COVID-19 Policies & Protocols

We are committed to the well-being of our students and staff. By constantly evaluating our response to COVID-19, we will stay current with industry-standard practices to best ensure the safety of everyone. For the most up-to-date information, please visit our website.

Clothing and Layering

Excerpted from Rick Curtis' The Backpacker's Field Manual

The clothing layers should consist of several different types of fabrics. Cotton is comfortable and breathable, but it absorbs and retains water, and therefore it will NOT keep you warm if it gets wet. Also, it can be difficult to dry. For this reason **you should NOT bring cotton clothes** such as sweatshirts, sweatpants, socks, or jeans. We strongly encourage you to wear nylon, polyester, or synthetic clothing. **Wool, synthetic fleece, and polyester fabrics don't absorb water so they keep you warm even if they get wet.** Fleece also dries very quickly. A wool sweater or fleece jacket provides warmth on a cold evening. These are essential to your comfort on the trip!

Follow-up Classes & Assignments

There will be two follow-up evening class sessions, one in September and one in October. You will reconnect as a small group and focus on ideas of leadership and wellness. A few assignments will be completed early in the semester. These assignments are not designed to overwork you; they will help you understand wellness and reflect upon your AURORA experience. More information regarding your classes and assignments will be provided in the course syllabus.

URSA Gear List

To best prepare for URSA, please obtain the items listed below. Our expert staff has meticulously assembled this list throughout URSA's history to ensure that all essentials are covered.

CLOTHING & FOOTWEAR

- ☐ **T-shirts (2–3)**
Should be made of synthetic material or wool.
NO COTTON! No thin strap tank tops, they don't protect your shoulders from your backpack straps.
- ☐ **Rain Jacket and Rain Pants**
Lightweight, waterproof, breathable. Expect rain!
- ☐ **Midweight Fleece or Wool Sweater**
Insulating for cool nights.
- ☐ **Shorts/Pants (2–3 pairs)**
Loose fit, synthetic. Hiking or athletic shorts, hiking or windproof pants. NO COTTON, NO JEANS!
- ☐ **Socks (4 pairs)**
Should be hiking-specific and made of synthetic material or wool. NO COTTON!
- ☐ **Underwear (2–3 pairs)**
Synthetic works best, compression shorts help prevent chafing. NO COTTON!
- ☐ **Sturdy Footwear (1 pair)**
Your most important piece of equipment. BREAK IN! Must be closed-toe; hiking boots are a great option.
- ☐ **Camp Shoes (1 pair)**
Must be closed-toed. Old sneakers or Crocs work well.
- ☐ **Comfy Clothes**
PJs or other comfy clothing for evenings back at basecamp. These options may include some cotton items.
- ☐ **Cloth or Surgical Mask (2–3)**
Must fit securely. Must cover nose & mouth.
- ☐ **Hand Sanitizer (2oz bottle)**
- ☐ **COVID Rapid Tests (2)**
At least two at-home COVID Rapid Tests (not expired!)

OTHER ITEMS

- ☐ **Water Bottle (1)**
Should be 1 liter, leakproof. Nalgene work well. An additional bottle will be provided.
- ☐ **Headlamp/Flashlight (1)**
Small and light, bring extra batteries. **VERY IMPORTANT!**
- ☐ **Bowl (1)**
Eating vessel, should be lightweight and small. Tupperware works well.
- ☐ **Eating Utensil (1)**
Sporks are ideal, but not necessary. Should be sturdy.
- ☐ **Personal Items**
Toothbrush & toothpaste (travel size), personal medications (personal epi-pen, allergy medicine, inhaler, ibuprofen or acetaminophen), menstrual products, bug spray, sunscreen.
- ☐ **ID Card**
Can be Drivers license or Penn State student ID
- ☐ **Health Insurance Card**

OPTIONAL ITEMS

- ☐ **Camp Chair** (Crazy Creek or similar)
Available for purchase on opening day (\$40.00).
- ☐ **Bandana**
For a variety of purposes.
- ☐ **Mug** (For hot drinks)
Available for purchase on opening day (\$20.00).
- ☐ **Watch**
- ☐ **Pillow**
- ☐ **Baseball Cap**
- ☐ **Camera/GoPro**
Not your cell phone!

DO NOT BRING on the trip Electronics* or Cotton Clothing! *This includes iPods, iPads, computers, cell phones, and other devices.

No Drugs, Alcohol, Tobacco, or Weapons (this includes pocketknives)!

URSA Food

The URSA menu has been adapted and modified throughout the years. Our expert staff has assembled an array of trail-friendly foods that are packed with energy and nutrition to fuel you throughout your URSA experience. All food is provided by the program.

Below is a typical menu for an URSA expedition:

URSA Menu

Breakfast <i>Daily options include:</i>	Oatmeal, granola cereal, bagels with Sunbutter and/or jelly, coffee, tea			
Lunch <i>Daily options include:</i>	Sandwich bread, deli meats and cheese, tomatoes, lettuce, sunbutter and jelly, carrots, hummus, cookies, chips			
Dinner <i>Varies each night but may include:</i>	<u>Tacos</u> Rice, beans, cheese, fajita veggies, salsa	<u>Hiker's Mash</u> Mashed potatoes, veggies, summer sausage, cheese, black beans	<u>Pizza and Chips</u>	<u>Mac & Cheese</u> Elbow noodles, cream cheese, cheese, chili beans
Snacks	Your personal snack pack includes an apple, orange, nut-free trail mix, and granola bars			
Desserts <i>Daily options may include:</i>	No-bake cheesecake, cookies, Rice Krispie's treats, and other items			

Allergies & Dietary Restrictions

All AURORA programs are peanut and tree nut free. We can easily tweak our menus for vegetarians, various food allergies, and dietary restrictions. *PLEASE be sure to make note of your restrictions on your Health Form so that we may cater to you.*

Our programs are Gluten-Free *Friendly*. This means that all dinners are made with gluten-free ingredients, and our breakfasts and lunches have gluten-free options. Our bagels and sandwich thins are *not* gluten-free, and are only optional choices at certain meals.

You are welcome to bring personal snacks to supplement the food that AURORA will provide. **These snacks must be peanut and tree nut free.** Your leaders will check them on opening day to confirm and ask you to leave them behind if necessary.

If you have questions or concerns for food-related questions, please contact Drew Lehnerd at (814) 865-3927.

