

Outdoor Recreation

The outdoor recreation program is dedicated to providing quality adventure programs to Pocatello folks that might not have access to them otherwise. To keep costs minimal participants are expected to "pitch-in" as they participate- these are NOT guided activities. Teaching skills so people can branch out on their own is a top priority. Fitness level is not as important as motivation; try to break out of your shell. Because of the nature of the programs many are limited in group size so the instructors can help everyone. Other programs are limited by vehicle capacity, equipment restrictions or logistics. Sign up in advance to ensure a spot. Questions are expected and welcome. Contact Lance: lclark@pocatello.us or 208-234-6237. He is often on a river or mountain, so be patient and don't wait until the last minute.

- Summer 2020 -

BEGINNING BACKPACKING

Beginning backpacking is designed to get people who have never been into the backcountry out for a 2-night wilderness experience. The group meets to discuss equipment and expectations well in advance to give everyone time to boost their fitness and go shopping. The exact route is not determined until the group gets together but expect reasonable mileage, a lake and 4 hours of van time on each end. The cost covers transportation, permits and parking, wag bags and group gear like water treatment. It does not cover food, camping equipment and Sherpas. More experienced participants are welcome, but you aren't going to get the trip tailored to you.

Cost: \$120

Dates: July 31-Aug 2

Pre-trip Meeting: June 22, 6pm at the Community Rec. Center, 144 Wilson

ADVANCED BACKPACKING

For anyone with backpacking experience or a high level of fitness or a high tolerance for learning the hard way, we are offering a 5-day extended backpacking trip. This trip will help participants learn the finer points of planning an extended self-supported wilderness trip. Participants will help plan the exact route, plan food and make many of the trip decisions. Fees include transportation, permit fees, sanitation supplies, food containers, basic first aid and a facilitator. Fees do not



include personal equipment or food. There are multiple pre-trip meetings so the group can make solid plans and be more involved in the decision making process. Participants need to be able to carry 35-45 pounds for 10 miles a day over rugged terrain.

Cost: \$150

Dates: Aug 27-Aug 31

Pre-trip Meeting: July 16 & Aug 6, 7pm at the Community Rec. Center, 144 Wilson