



PAWs

Pre-Orientation Adventure for Wildcats
UNIVERSITY of NEW HAMPSHIRE

Greetings members of the great class of 2021!

Welcome to the Pre-Orientation Adventure for Wildcats. Included with this packet are several **forms that need to be returned to us by July 31st**. The rest of the packet contains important information about being a PAWs participant, or as some of our leaders say, “a PAWsie.” Remember, PAWs is August 20th to 25th.

First off, share all of this information with your parent(s)/guardian(s). This letter and the accompanying forms have all the details about arriving for the first day of PAWs, moving into your dorms, etc. Your parents/guardians will definitely want to know this information, so it is important for you to share this with them.

Included with this letter, you should have received the following:

1. **Three important forms** that you need to read, sign, and return by Monday July 31st.
 - a. *Bio Form*
 - b. *Assumption of Risk, Release of Liability, & Personal Responsibility Statement*
 - c. *Medical Information Form and Release*

Please mail all THREE forms back by Monday July 31st.

**Pre-Orientation Adventure for Wildcats
ATTN: Maddie Smith
Hamel Rec. Center
5 Edgewood Road
Durham, NH 03824**

2. **Packing list:** A packing list for PAWs including everything you should bring, and a few things you shouldn't. Please note that if you requested a sleeping bag or pad when you registered, you don't need to let us know again. If you didn't request one, and you need one of these items, please let us know ASAP; we have a limited supply.
3. **Schedule:** A brief outline of our schedule including when we'll get started on the 20th, when you can move into your residence, and when we'll be back to campus on the 25th. Your parents/guardians will REALLY want to know about this part. Please tell them.
4. **Directions:** Driving, flying, bus and train directions to UNH
5. **Map:** A link to our campus map. On the first day of PAWs, all participants need to check in at PAWs registration between 10:00 AM and 11:00AM. Check in will occur outside of the Whittemore Center (located at the center of the map). You can drive into the loop at the end of Depot Rd

between the Whitt and the Dairy Bar. There will be limited parking available. You can find the campus map at: http://www.unh.edu/ucm/maps/UNHcampusb_w0708.pdf

If you have any questions, feel free to contact the PAWs Coordinator, Maddie Smith at 603-862-1577 PAWs or madeleine.smith@unh.edu. Otherwise, welcome to UNH, enjoy the rest of your summer, and we'll see you in August!

Sincerely,

Maddie Smith



PAWs

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BIO FORM

Full Name: _____
Nickname(s): _____
High School & City, State: _____
Birthday: _____

Email: _____
Phone #: _____
Major: _____

Which section of PAWs did you sign up for?

- Basecamp
- Backpacking
- Basecamp on the road: _____

What are you most looking forward to at UNH?

If a book were written about your life, what would the title be, and why?

If you could have dinner with any three people, who would you choose and why?

Do you have any previous experience hiking or camping? Tell us a little about that experience.

Can you swim the length of a pool? Yes No

What, if any, current certifications (first aid, CPR, EMT, Lifeguard, etc.) do you have?

What skills or talents can you bring to your group that will help everyone have a positive experience?

Do you have any fears/phobias? (if yes, please elaborate)

Anything else you like to add?



MEDICAL INFORMATION FORM & RELEASE

Pre-Orientation Adventure for Wildcats ♦ University of New Hampshire
 5 Edgewood Road Durham, NH 03824 ♦ 603-862-1577 ♦ campusrec.unh.edu/paws

This medical form provides information required for program management and emergency situations. By requesting this medical history, it is not implied that staff has the expertise to assess your physical condition, or your ability to participate safely in this program. **If you have any doubts about your ability to participate in this program, please consult with your physician.** Please complete fully so that Leaders can adjust program activities as needed to meet your needs and manage your participation and the participation of others. This information is confidential and will be shared only as needed with Trip Leaders, Program Coordinator, and medical care providers.

Participant Information (required)

Name: _____ UNH Student ID #: _____

Address: _____ Date of Birth: _____

Emergency Contact Information (required)

Name: _____ Phone #: _____

Address: _____ Relationship to participant: _____

Medical Insurance Coverage (required)

Provider: _____ Policy #: _____

Personal Physician

Name: _____ Phone #: _____

Address: _____

Do you have any allergies (bees, wasps, penicillin, foods, medications, etc.)? ___ Yes ___ No
If yes, please identify them and explain the nature of your reaction. (Please Print Clearly)

Do you regularly take (or need to carry) any medications? ___ Yes ___ No
If yes, please explain their nature and status. (Please Print Clearly)

Do you have any disabilities or conditions that might limit your participation? ___ Yes ___ No
If yes, please explain and suggest and helpful modifications. (Please Print Clearly)

Have you had any operations, fractures, or major illnesses during the past 36 months? ___ Yes ___ No
If yes, please explain their nature and status. (Please Print Clearly)

Do you have any chronic or recurring illnesses or injuries? **If yes, please explain and suggest and helpful modifications. (Please Print Clearly)**

Are you currently being treated by a physician (or have been in the past year)? Have you been hospitalized within the past year? **If yes, please explain. (Please Print Clearly)**

Do you have diabetes? ___ Yes ___ No

Do you sleep walk? ___ Yes ___ No

Date of last tetanus shot: ___ / ___ / ___

Please have a tetanus shot or booster if you have not had one within the last ten years.

Do you have any special dietary needs? **Be Specific (Please Print Clearly)**

I have reviewed this entire form and have verified that that all information is given fully and truthfully. To the best of my knowledge, I am physically fit and able to safely participate in this program. I hereby consent for myself or the child/minor of whom I am guardian to receive medical treatment, if an illness/injury is incurred while participating in the aforementioned activities.

Participant's Signature	Participant's Name (printed clearly)	Date
Parent/Legal Guardian's Signature (if participant is under 18 years old)	Parent/Legal Guardian Name (printed clearly)	Date

**Please read, complete, and return this form to:
Pre-Orientation Adventure for Wildcats
ATTN: Maddie Smith
Hamel Rec Center
5 Edgewood Road Durham, NH 03824**



PAWs

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ASSUMPTION OF RISK, RELEASE OF LIABILITY & PERSONAL RESPONSIBILITY STATEMENT

Pre-Orientation Adventure for Wildcats ♦ University of New Hampshire
5 Edgewood Road Durham, NH 03824 ♦ 603-862-1577 ♦ campusrec.unh.edu/paws

I have read all of the information supplied by the University of New Hampshire concerning Pre-Orientation Adventure for Wildcats (PAWs), the student pre-orientation program to be conducted in Barrington, NH at the Mendum’s Pond Recreation Area. I understand that my participation in this activity is strictly voluntary and that the University does not require me to participate in PAWs.

This is to certify that I am fully aware and understand that certain physical and emotional risks and dangers may exist during the PAWs program including the possible risk of severe or fatal injury to myself or others. The activities include but are not limited to transportation by bus, van, or car, warm-ups, games, group initiative problems, low-ropes challenge course activities, hiking, backpacking, orienteering, camping, canoeing, swimming, and other rigorous physical activities. I recognize the inherent risk of injury or disability in these activities. I understand that each participant must assume the risk of physical injury that could result. I affirm that my health is good and that I am not under a physician’s care for any undisclosed condition.

I am aware that although the program administrators will take care to ensure reasonable safety precautions, risks exist nonetheless. In consideration for my participation in PAWs I hereby assume all risk of injury and damage to my property during the course of said activities and/or instruction, or incidental thereto, howsoever and whosoever occurring, and however long the said program may continue; and I do, for myself and for my heirs, successors and assigns, agree that in no case will I present or prosecute against the University of New Hampshire or any of its officers, agents, or employees, any action or damages or compensation for injury or damage suffered by me or done to my property, arising out of or incidental to, my participation in, or presence during said program, whether the same be occasioned by the negligence by the PAWs program or any person or persons whosoever, or otherwise, and do agree further for myself, my heirs, successors and assigns, to hold the University of New Hampshire, it’s officers, agents, representatives and employees, and all of them free and harmless from and against any and all claims, by whomsoever made or presented, for damages or compensation from any and every such injury or damage suffered by me, including death or done to my property.

I give permission to be treated by a qualified staff member or physician.

In addition, I will not use any non-prescribed drugs, alcohol or tobacco products while participating in this program. I will not swim or canoe at night or unsupervised. I agree to comply with the instructions and directions of University of New Hampshire staff members during the program.

I acknowledge my responsibilities as stated above and will accept dismissal from the program at any time if found to be in violation of any of the aforementioned responsibilities. Students will be responsible for transportation costs incurred as a result of dismissal. I agree to forfeit any refund if dismissed from the program.

I have read and fully understand the above acknowledgment of risk, release / indemnification and covenant not to sue. I have signed this document of my own free will, and agree to the terms outlined herein.

Participant’s Signature	Participant’s Name (<i>printed clearly</i>)	Participant’s Email
Participant’s Date of Birth	Participant’s Age	Program Date(s)
Parent/Legal Guardian Signature (if participant is under 18 years old)	Parent/Legal Guardian Name (printed clearly)	Today’s Date



PACKING LIST

Unless specified, all the gear listed here is essential and required. Please bring everything on the list, whether you're a first time camper or an experienced camper. You should pack the following items in a large backpack or duffle that is separate from your college stuff. During PAWs, you will be living, playing, eating, and sleeping in the outdoors. Whenever possible, wool and synthetic fibers (nylon, fleece, etc.) are preferable to cotton because synthetics will keep you warm even when wet, and will dry much faster.

If you have questions about what to bring, please call 603-862-1577 or madeleine.smith@unh.edu.

<ul style="list-style-type: none"> <input type="checkbox"/> 1 large backpack (for backpackers) or duffle (for all other groups) <input type="checkbox"/> 1 small backpack to carry with you during the day <input type="checkbox"/> 1 sleeping bag* - lightweight rated to 35°F (synthetic – no cotton content) <input type="checkbox"/> 1 foam sleeping pad* or Thermarest <input type="checkbox"/> 1 pillow <input type="checkbox"/> 2 large heavy duty garbage bags (for keeping your stuff dry) <input type="checkbox"/> 1 flashlight or headlamp & extra batteries <input type="checkbox"/> fork and spoon <input type="checkbox"/> plastic bowl <input type="checkbox"/> mug (plastic insulated travel mugs are great) <input type="checkbox"/> pocket knife (Swiss army or Leatherman - blade must be less than 3") <input type="checkbox"/> 2 one-liter water bottles (i.e Nalgene – must be at least one liter and durable) <input type="checkbox"/> small notebook and pen <input type="checkbox"/> sunglasses, lip balm, sunscreen (SPF 15 to 30) <input type="checkbox"/> bug spray <input type="checkbox"/> toiletries - toothbrush & paste, contact solution, tampons, etc, keep it small and basic <input type="checkbox"/> any required medication <input type="checkbox"/> extra glasses if you wear contacts <input type="checkbox"/> bandana 	<ul style="list-style-type: none"> <input type="checkbox"/> 3-4 t-shirts (cotton okay here) <input type="checkbox"/> 1 long sleeved shirt (polypro) <input type="checkbox"/> 1 fleece or wool sweater <input type="checkbox"/> 1 wool or fleece hat <input type="checkbox"/> 1 towel (cotton fine here) <input type="checkbox"/> 2 pr. shorts (quick drying athletic type are great) <input type="checkbox"/> 1-2 pr. pants (one pair should be non-cotton) <input type="checkbox"/> 5 pr. underwear (cotton okay here, too) <input type="checkbox"/> 5 pr. socks (at least 2 wool pairs, the rest can be cotton) <input type="checkbox"/> 1 pair sneakers (mandatory for all other groups, optional for backpackers) <input type="checkbox"/> 1 pair hiking boots (mandatory for backpackers, optional for all other groups) <input type="checkbox"/> 1 pair sports sandals with a heel strap (teva/crocs,etc. NO flip flops) <input type="checkbox"/> rain jacket <input type="checkbox"/> rain pants <input type="checkbox"/> 1 bathing suit <p><u>Optional</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> hat with visor <input type="checkbox"/> musical instrument (guitar, harmonica, fiddle, kazoo, mouth harp, etc.) <input type="checkbox"/> camera <input type="checkbox"/> safety strap for prescription or sunglasses
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*PAWs has a few of these items for loan. If you would like to borrow one of these items, please let staff know when you register.

DO NOT BRING: ALCOHOLIC BEVERAGES, DRUGS, CIGARETTES, TOBACCO, JEWELRY, RADIOS, IPODS, CELL PHONES, MATCHES/LIGHTERS, MAKE-UP, ETC.



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In regards to alcohol/tobacco/drug use... PAWs is a CHEM-FREE event. This means that no alcohol is to be consumed during any portion of the PAWs program, regardless of age. If anyone is found with alcohol, the participant's emergency contact person will be called and asked to pick up the participant immediately, no exceptions. Obviously, illegal drugs are prohibited as well. There is also no smoking, chewing tobacco or vaping permitted during the PAWs.

In regards to your stay at Mendums Pond... You will ride a bus to Mendums Pond on the first day of the program and back to UNH on the last day. At no time during PAWs are you permitted to leave the area or invite guests to the area. Mendums Pond will be closed to the public during the week of PAWs. Please be respectful of the area – it is our home for the duration! Take only pictures & leave only footprints.

In regards to cell phones... Cell phones are not permitted during the PAWs program. If you absolutely must call to check in with someone let staff know and something will be arranged for you. REMEMBER, you are coming to PAWs to meet new friends, find out about UNH, and to get a jump start on your college experience. Talking/texting on your cell phone will only impede those goals. PLUS, cell phone coverage is not that good at Mendums Pond, and there is no electricity, so your phone won't last that long.

In regards to internet service... There is no electricity, so there is no internet access. Don't worry, the internet will still be there when you get back to campus.

In regards to SLEEPING... You will be staying in large tents. The tents are quite spacious, but every effort is made to put fewer people in them than is recommended (i.e. 6 people in an 8 person tent). Nonetheless, they are tents. There is no electricity, no bathrooms (port-a-potties only), and no running water. Your whole group will stay in 1-2 tents.

You must have a sleeping bag, sleeping pad, and a pillow is a great idea too. Your sleeping bag should be a good quality synthetic bag rated to at least 35°F (NO COTTON). If you don't have a sleeping bag, or aren't sure if yours is appropriate, please call to help you decide (603-862-1577). There are a small number of bags and pads available to borrow.



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SCHEDULE

This is an overview. More details will be sent via email leading up to the program.

Sunday, August 20

10:00 AM-11:00 AM: PAWs Check-in on Depot Rd. outside of Whittemore Center

11:00 AM – 12:00PM: Residence Halls open for move-in. NOTE: Resident Advisors will be present to open rooms for PAWs participants from 11:00-12:00 only. You will not receive your room key at this time, and must be out of the residence halls by 12:00 PM.

1:00 PM: All PAWs participants meet on Memorial Field. Wave goodbye to your parents, college has begun!

3:00 PM Load busses and depart for Mendums Pond

Monday, August 21st – Thursday, August 24th

Everyone out at Mendums Pond, backpacking in the White Mountains or adventuring on a trip.

Friday, August 25th

11:45 PM Load busses and return to Campus

12:15 PM Arrive on Campus. Students should check back in at their dorm to get their room key, etc.

Parents – if you are returning to campus, please plan to meet your student at their dorm. Please note that you do not need to return to campus!

2:30 PM Wildcat Days begin.



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DIRECTIONS

Driving:

From Boston, Mass. Follow I-95 North. When approaching the Portsmouth, N. H., area, take the exit bearing left, marked "NH Lakes and White Mountains, Route 4 & 16." Continue on that road to Exit 6W (Concord-Durham) and follow Route 4 West. Exit at 155A and turn toward Durham. Follow 155A through a short stretch of farmland and fields to the UNH campus.

From Hartford, Conn. Take I-84/I-86 East out of Hartford to the Mass. Pike (I-90) to Auburn Exit 10 then East on I-290 to I-495 North. Take exit 26 to I-95 North. Continue north on I-95, then follow the directions above for driving from Boston.

From Portland, ME. Follow either I-95 or Route 1 South to the Portsmouth Traffic circle. Take the Spaulding Turnpike north to Exit 6W (Concord-Durham). Then follow the previous directions for driving from Boston.

From Concord, NH. Follow Route 4 East and take the UNH/Durham exit at 155A. Follow a short stretch of farmlands and fields to the UNH campus.

From Manchester, NH. Take Route 101 to the junction of Route 125. Follow Route 125 North to the Lee traffic circle. Drive east on Route 4 and then follow the directions above for driving from Concord.

Flying:

From Logan International Airport, Boston, you may use the C&J Trailways Airport Bus Service. For further information, call (603) 742-5111 or, outside New Hampshire, 1-800-258-7111. <https://www.ridecj.com/>

Flightline (Manchester Airport) 1-888-942-5044 or <https://www.flightlineinc.com/>

Hampton Shuttle (Logan/Manchester) 1-800-22LOGAN or <https://www.airportshuttles.net/manchester-nh/>

Mermaid (Portland/Logan/Manchester) 1-800-696-2463 or <http://gomermaid.com/form.html>

Riding:

Depart C&J Trailways Bus Lines across from South Station in Boston. For further information, call (603) 742-5111 or, outside New Hampshire, 1-800-258-7111.

Amtrak/Downeaster 1-800-USA-RAIL