Friday, July 14
- Meet in the Adventure Rec office (room 290) at the Campus Recreation, departure time TBA.
- Eat breakfast, pack, and fill water bottles before you come.
- Eat lunch and dinner on the road.
- Ride to the Cooper Creek public use area in Deepwater, MO (or nearby KOA) to camp for the night (about 11 1/2 hour drive with food stops).

Saturday, July 15
- Boiled water will be provided, eat breakfast at camp.
- Depart in the morning by 8AM.
- Drive to Denver, CO stopping for lunch along the way.
- Stay at KOA in Denver, eat at a sit down restaurant and enjoy the city for the night.

Sunday, July 16
- Boiled water will be provided, eat breakfast at camp.
- Leave KOA by 9 AM.
- Eat lunch on the road.
- Drive straight to RMNP.
- Set up camp at a front country site, then load up into the van and explore the park.
- Hike some day trails before returning to camp for the night.
- Eat dinner at camp.

Monday, July 17
- Boiled water will be provided, eat breakfast at camp.
- Be packed and ready to hit the trail by 6 AM.
- Enter Backcountry and hike to first campsite.

July 17-20: HIKE AND CAMP IN BACKCOUNTRY

Friday, July 21
- Boiled water will be provided, eat breakfast at camp.
- Depart in the morning by 8AM.
- Stop for lunch and dinner along the way.
- Stay at campground.

Saturday, July 22
- Boiled water will be provided, eat breakfast at camp.
- Depart in the morning by 8AM.
- Stop for lunch and dinner along the way.
- Stay at campground.
Sunday, July 23

- Boiled water will be provided, eat breakfast at camp.
- Depart in the morning by 8AM.
- Stop for lunch and dinner along the way.
- Arrive back at UAB.

*Pack food for 9 breakfasts, 4 lunches, and 5 dinners. Bring money for 6 lunches and 5 dinners.*

Pre-trip meeting and deadline for sign-up, Wednesday July 5 at 6:00 PM in room 290 of the Campus Recreation building. On that date, pick up equipment, packing list, and receive additional instructions.

Trip fee covers equipment and transportation. Participants are responsible for all meals.

Any questions not answered at pre-trip meeting should be directed to:
Adventure Recreation Office 205-996-4913 or outdoor@uab.edu and Dalton Williams 205-275-6937