

COWAN

On the Cowan trip you will be staying close to your new home by exploring the outdoor terrain close to Bucknell! You'll sleep and eat in Bucknell's lodge, and spend each day on a new activity. Hiking at a nearby state park, paddling the local waterways, and taking on the CLIMBucknell challenge course - adventure is always just around the corner in Lewisburg!

Challenge level

The exertion level is light. No prior kayaking experience is needed. We will teach you everything you need to know for all the outdoor pursuits.

Expedition Itinerary

- Day 1 (same as all the others)
- Day 2 - Wake up at Cowan, make breakfast! Goal: Hit the water for the day on a kayaking adventure. Enjoy fun activities prepared by the Trip Leaders.
- Day 3 - Wake up, break down camp, and depart camp. Goal: Hike RB Winter, see some great views and enjoy fun, daily activities prepared by the Trip Leaders.
- Day 4 - Wake up and enjoy breakfast. Goal: CLIMBucknell Challenge Course at Bucknell Universities Cowan Retreat Space. You will have the opportunity to build your team into a cohesive unit through low ropes problem solving activities, climbing our tower, zip lining, and other high ropes elements. Enjoy fun, daily activities prepared by the Trip Leaders.
- Day 5 - Wake up, and make breakfast. Challenge yourself in a fun scavenger hunt around Bucknell's campus. Meet and engage with Bucknell Professors in the afternoon at the Cowan Retreat Center. There we will enjoy food and festivities mid evening. Go back to shower and then meet up for the Arts First Pre-Orientation Program Performance. Sleep in your rooms.
- Day 6 (same as all the others)

§ How to prepare: To participate you do not need to know or have done any type of outdoor activities. You certainly don't have to be a serious athlete, but you will be very active. So it's a good idea to have done some physical preparations in advance to make things less stressful upon your body. Examples could be hiking, running, biking, swimming, or any other physical activity to get your heart rate up. During this experience you will be hiking and kayaking. All the activities are beginner. We will be able to help you learn about all the activities. More importantly, please make sure to get plenty of rest prior to the trip; arrive refreshed as much as possible and ready for an awesome experience. We know the time is stressful with move-in, but try to take time to rest. In addition, be sure to drink plenty of water the week before the trip to hydrate your body. The temperatures in August can be intense and we want to make sure everyone remains healthy during the experience. We do recommend preparing for the physical activity.

Clothing Essentials

- 1 - Rain Jacket!!! (The most important piece of clothing! Make sure it really keeps the water out!)
- 1 - Rain Pants!!! (The 2nd most important piece of clothing! Make sure it really keeps the water out!)
- 1 - 1- Pair of Broken in Hiking Boots or Trail Shoes
- 1 - Pair of Sandals or Sneakers (for night time....your feet will thank you)
- 2 - Pair of Athletic Shorts
- 2 - Athletic Shirts
- 1 - Athletic Long Sleeve Shirt (for Bugs your arms will thank you)
- 3 - Pairs of wool socks
- Underwear and Sports Bras (amount is up to you, but pack very light)
- 1 - Pair of "quick dry" pants (like warm up pants)
- 1 - Lightweight fleece pullover/ sweatshirt type style (non-cotton is best)
- 1 - Hat/Visor for sun

Non-Clothing Essentials

- Daypack/small backpack
- Flashlight
- 2 - 32 oz. Nalgene Bottles (this is more important than you think)
- Plastic Bowl, Cup, with Eating Utensils ("Sporks" work really well)
- Toothbrush & Toothpaste
- A Few Extra Snacks (5 - 6 bars that you enjoy, granola bars etc.)
- Medicine as Needed
- Feminine Products as Needed (even if you are not on your cycle please bring some)
- ID and Insurance Card
- 1 - Soft Sided Duffel Bag

Non-Essentials You May Wish to Bring (This Is Not an Exhaustive List)

- Bandanna
- Bathing Suit & Small Quick Dry Towel
- Camera w/extra SD Card and Batteries

● Money (there may or may not be stops during the trip, but you may want to buy a drink or a snack if there is a stop)

● Bug Spray (30% DEET minimum works best)

● Sunscreen (Sweat Proof)

● Chapstick (can be a life-saver if you struggle with chapped lips)

● Sunglasses

● Brush or Comb

● Several 1 gallon Ziploc Bags

● Watch with an Alarm

● Journal and Writing Utensil

● Travel Pack of UNSCENTED Baby Wipes (Unscented because of animal attraction)

Essentials Bucknell Provides as per Requested by Student on Google Form over the Summer (But You May Bring if You Have Your Own)

● Sleeping Bag (You will be on bunk beds so you can bring your own light weight sheets too)

● Sleeping Bag Liner (if you use one of Bucknell's bags, you have to take a liner and use it)(we'll explain)

ITEMS NOT ALLOWED

● NO Cell Phones, IPODS, MP3 Player or ANY technology-based entertainment

● NO WEAPONS

● NO Drugs, Alcohol, or Tobacco Products

● NO Glass Items (they can and will break)

● NO Cotton Materials (they will not dry. Pack quick-dry, lightweight synthetics materials only)

● NOTHING SCENTED because it attracts bugs inside the Cowan Center

● NO New Hiking Boots (UNLESS broken in)