SUMMER 2016

TO: WCNR Summer Session Students

FROM: Patrick Rastall, Director CSU Mountain Campus

RE: CSU Mountain Campus Information

Welcome to the CSU Mountain Campus of Colorado State University! Since 1916, the campus has provided facilities and natural resources for the education of students from all over the world. This packet is intended to help you prepare for the living/learning environment at the Mountain Campus. We look forward to seeing you this summer!

**Housing**

Housing will be in Student Cabins. Assignments are made upon arrival on a first-come, first-served basis; "subject to change.

The cabins are popular with students despite their rustic nature. Although you will find them to be Spartan at times, they provide a very congenial atmosphere. You will be sharing the cabin with three others (men and women are not housed in the same cabin). Space will be at a premium. You might wait until after the first week to bring any large items.

Adjacent to the cabins are the shower/restroom facilities. These are modern and are comfortably heated. The cabins themselves are insulated and are heated by an electric wall heater and a wood-burning stove (which you safely maintain) if the weather turns cold. Good, warm bedding is essential. A laundry facility is also adjacent to the cabins and has coin operated washers and dryers. Please bring biodegradable, low phosphate detergent.

We ask for consideration in the volume of music to preserve the academic and pristine environment. A small refrigerator is provided. Study lamps are desirable. Posters and other inexpensive decorations can make drastic improvements. **Note** **Pets and firearms are not permitted**

**Location**

The Mountain Campus is 16 miles from the paved Highway 14. The nearest country store/restaurant/bar is 40 minutes away (22 Miles). The nearest large stores are in Fort Collins (53 miles, 1 ¾ hours away). Students who are prepared for the physical remoteness will find that it can greatly enhance the community and group spirit, adding to the positive atmosphere of campus. However, those trying to maintain daily relationships with friends or relatives are often frustrated, especially since the phone and internet service is difficult to use. A couple computers are available for checking email, available in the store only in the evenings. *Plan on writing letters and encourage your friends and relatives to do the same. Emergency communication is seldom a problem with the phone. Residents need not worry if they have forgotten an incidental item or two, as most urgently needed items are sold in the campus store. **There is no cell phone service at the Mountain Campus and internet connectivity is very limited.**
Phone Number
(970) 881-2150. Phone has limited access; please ask friends and relatives to not call from 10:00 p.m. to 7:00 a.m. unless it is an emergency. We will not accept any collect calls made to the Mountain Campus. The fax number is (970) 881-2013. There is a charge for sending and receiving faxes. There are three pay phones located on the campus for outgoing calls, 24 hours per day.

Mailing Address
(Mail will not be delivered by Post Office without this address)

YOUR NAME
CSU Mountain Campus, NR 220 or F 230
16321 Pingree Park Road
Bellvue, CO 80512

How to Reach CSU Mountain Campus from Fort Collins
To reach the Mountain Campus, go north on U. S. 287 to mile marker 22. Turn west on Highway 14 going up Poudre Canyon. Stay on Highway 14 to mile marker 96, which is the turnoff for the Mountain Campus (Pingree Park Road/County Road 63E). Turn south across the bridge and drive on a gravel road for 16 miles to reach the Mountain Campus. Visit our website at www.mountaincampus.colostate.edu for more detailed directions and driving maps.

Dining Services
The dining service at the Mountain Campus tries hard to satisfy individual tastes while serving large numbers of people in a location that requires everything to be delivered over the long and bumpy roads. Residents are entitled to 3 meals per day during their stay, if eaten in dining hall or taken out as a sack lunch. No refunds or arrangements are made for missed meals. Residents may eat as much as they desire, although we encourage diners not to waste food. The menu is varied and includes a variety of fresh fruits and vegetables in addition to popular items. Monday through Friday lunches will be sack lunches due to the field work of the program. Saturday and Sunday lunches are in the dining hall. The dining hall is not open during non-meal hours, and food generally cannot be purchased from the kitchen for odd hour snacks, but candy, snacks and ice cream are for sale in the evenings at the campus store.

Guests
You are allowed to have guests during your stay at the Mountain Campus, but their visit must be limited to 48 hours and is not permitted on quiz or exam days, or the preceding night. There is no guest housing available, so you should plan on housing them in your cabin/room. Guests are expected to abide by the Mountain Campus regulations, University policies and State law. All visitors need to purchase a meal ticket to eat in the dining hall. A three meal ticket can be purchased for your guests at a reduced rate from the general meal ticket price.

Recreation
The most enjoyable part of the Mountain Campus experience revolves around social and recreational opportunities. Lifetime friendships are often cultivated during late night study sessions or on the volleyball court. The relationship between students, staff and other Mountain Campus users is traditionally open, friendly and informal.
Recreational opportunities on campus include volleyball, softball, horseshoes, basketball, table tennis, table shuffleboard, foosball and billiards. The most popular recreation revolves around the natural resources of the U.S. Forest, Wilderness Areas and National Park, which virtually surround the campus. Hiking, fishing, backpacking, outdoor photography, mountaineering and drawing are just some of students’ choices of recreation.

**Weather**
While there will be days when you will attend class in shorts and T-shirts, it is not uncommon to have 2-3 days of cold rain, hail and even snow. The NR 220 course operates no matter what the weather so some warm clothing (*for winter conditions*) should be brought for the session. We hope you’ll seldom have to use them and the beauty of the area during nice days often helps you forget the stormy ones.

**Conferences**
The summer educational programs for university students continue to be a major mission of the campus, yet you will not be alone during your stay. The Mountain Campus is also home to an extensive conference facility and program. There will often be groups of 20-180 people sharing the campus facilities. This conference program greatly enhances the use of the campus and its missions of continuing education and community service. Perhaps more essential to the perspective of the student, these programs greatly increase the financial efficiency of the facility and allows for the management of your program at the lowest possible cost to you. The daily charge to conferees includes additional services but generally averages over 250% of what you pay.

**Campus Policies**
Residents and guests are expected to conform to Federal, State Law and University Policies including those concerning pets, firearms, alcohol, illegal drugs, and smoking. Failure to do so shall result in eviction, University discipline, and/or prosecution. *Policies are listed on the following pages in this document.*
PERSONAL SUMMER EQUIPMENT LIST

Personal equipment is furnished by the individual and the University is in no way dictating what the resident shall bring. It is felt, however, that this list may be of help to residents in deciding what to bring to the Mountain Campus. The nights are cold at the high altitude (9,000 feet) and every year some residents bring insufficient bedding. Also, remember thunderstorms are frequent in the area and it is possible that snow will fall during your stay. Bedding and towels are NOT provided by the Mountain Campus, students must bring their own.

Required:

1. Bedding & Towels: sleeping bag, “3 season weight” recommended, or at least three blankets with sheets and pillow with pillow case; personal towels

Strongly Recommended

2. Heavy coat or jacket, gloves, gaiters, wool hat
3. Rain-gear or poncho
4. Jeans and other work pants
5. Wool or work shirts
6. Socks: heavy wool and light wool or cotton
7. Hiking boots (well broken in!)
8. Athletic shoes
9. Summer weather clothes, bandannas
10. Brimmed hat or visor and good sunglasses
11. Pocket knife
12. Toilet articles: towels, razor, toothbrush, etc.
13. Work gloves
14. Sweater (wool or synthetic pile)
15. Sewing kit
16. Small first aid kit
17. Day pack (for lunch, raincoat, camera, etc.)
18. Flashlight
19. Water bottles
20. Scientific hand calculator
21. Enthusiastic, positive attitude

Optional gear (not as necessary as the above)

1. Backpack and other backpacking gear
2. Personal cook kit: cup, plate, knife, fork and spoon, suitable for back country/cabin use
3. Fishing tackle and valid Colorado license, waders or hip boots
4. Camera
5. Musical instruments
6. Athletic equipment
7. Study lamp
8. Laptop computer
GENERAL MOUNTAIN CAMPUS POLICIES

CSU Mountain Campus is part of Colorado State University and is for the use of University students, staff, guests, and/or University conferences only. Any other use, including commercial enterprises, must be expressly approved by the Director of the Mountain Campus. Residents and guests are subject to Mountain Campus policies, University rules and regulations, and state law.

ALCOHOL- Residents, their guests, and visitors at Colorado State University’s Mountain Campus are expected to comply with state laws regarding the purchase and consumption of alcoholic beverages. The legal drinking age for all forms of alcoholic beverage is 21 years of age. See “Alcohol, Marijuana, Drug & Smoking Policy” for more detailed policies.

ANIMALS/PETS- No pets are allowed at the CSU Mountain Campus with the exception of service animals. Service animals require prior approval, proof of vaccinations, and clear identification.

CAMPING/CAMPERS- Individual tent or recreational vehicle camping is not permitted on CSU Mountain Campus property unless permitted by the Director of the Mountain Campus.

DEFACEMENT/DAMAGED PROPERTY- User hereby assumes responsibility for any and all damages incurred to University property (real or personal) including lost keys arising from or in connection with the guest’s activities. Main conference contact will be billed for the amount and will be responsible for collecting monies from individual participants. Residents are liable for any damage or loss to University property and agrees to pay for the restoration of the property to its original condition, act of God or reasonable wear and tear excepted.

DINING SERVICES- Food Service is provided for the individual resident or User who may be required to show identification before receiving each meal. Refunds are not made for missed meals. Guests of residents must purchase a meal ticket to eat in the Dining Hall.

DISRUPTIVE PERSONS- The University reserves the right to eject from facilities any disruptive person(s); and neither the University nor any of its officers, representatives, or employees shall be liable to the User or to any person for any damages that may be sustained by User or such person through the exercise of this right. If an event Participant is dismissed and/or ejected, Mountain Campus is not liable to refund User/Participant back any related fees.

FIREWORKS AND FIREARMS- Explosives, dangerous weapons, fireworks, and firearms are not permitted on the Mountain Campus property.

HEALTH AND SAFETY- The User is responsible for ensuring that all Participants follow the CSU Environmental Health Services and campus facilities public health safety and infectious disease preventative control measures. Certain fees will be imposed in the event of a bio-hazard clean-up. All state and local statutes and ordinances as well as University regulations concerning health, safety, and public order which are applicable to the use and occupancy of public facilities shall be observed by User, its Officers, Agents, Employees, and Guests.

HUNTING AND FISHING- Hunting is not permitted on Mountain Campus property. Fishing is allowed as posted on the South Fork of the Cache la Poudre River with valid Colorado fishing license.

MARIJUANA- Recreational marijuana use, possession, and distribution is a violation of University Policy. These activities are illegal for persons under 21; for those 21 and older, these activities cannot occur on any University property. In addition, marijuana obtained for medicinal purposes cannot be stored or used on campus. See “Alcohol, Marijuana, Drug & Smoking Policy” for more detailed policies.

MINORS- Users for groups with participants less than eighteen (18) years of age without accompanying parents or guardians will ensure a ratio of participants to adult of at least 12:1 including live-in staff, if applicable. This ratio must be maintained throughout all University facilities and grounds, including but not limited to lodging spaces,
classrooms, dining hall, outdoor spaces, and challenge course. In addition, Users of youth groups must ensure that a program plan with the following requirements has been fulfilled before arriving on-campus:

- All program enrollment materials have included appropriate disclosure of the nature of the program including the requirements for participation.
- All program staff, paid or unpaid, including but not limited to faculty, staff, students and volunteers who work directly with minors have successfully completed a criminal background investigation.
- A health and safety plan has been formed and communicated to all participants and staff.
- Collection of release of liability and medical treatment consent forms signed by a parent/guardian. All release of liability forms must release, discharge, waive, indemnify and hold the University harmless for any and all injuries, damages, claims and demands of any kind that arise from the participant’s use of any University facilities or services, including but not limited to the challenge course, outdoor spaces, lodging, or dining facilities.
- All other applicable documents such as participation agreements, incident report forms, parental permissions, agreements, have been completed and retained by the User.

MODEL AIRCRAFT/DRONES- The use of any aircraft is not permitted on campus. Aircraft is defined as any vehicle, machine or device capable of being introduced into flight including, but not limited to, airplanes, gliders, ultralights, helicopters, lighter-than-air ships such as blimps and hot air balloons and unmanned aerial vehicles such as drones, model aircraft and rockets.

SMOKING- Users agree that all interiors of any buildings are considered to be non-smoking as well as all outdoor areas within twenty-five (25) feet of any entrance, passageway, operable window or ventilation system considered to be non-smoking areas as well. See “Alcohol, Marijuana, Drug & Smoking Policy” for more detailed policies.

THEFT- The University is not liable for the loss of money, clothing, or other valuables or for loss or damage to personal goods housed in University facilities unless caused by gross negligence on the part of the University. Residents are encouraged to take reasonable precaution against theft of their personal possessions.

Residents living at CSU Mountain Campus are expected to conform to standards of conduct which are consistent with the educational objectives and priorities of Colorado State University. Residents shall abide by law, University and Mountain Campus policy concerning the consumption of alcohol and illegal drugs. Respect and consideration for the rights of others must receive priority over other needs. Each resident is expected to respond appropriately to requests from staff, faculty, and fellow residents concerning behavior which does not honor this expectation. Failure to respond shall be grounds for eviction from the Campus, University Discipline, and/or legal action.

Questions about the Campus policies, procedures or services should be directed to the Mountain Campus Director or applicable staff. Colorado State University does not discriminate on the basis of race, age, creed, color, religion, national origin or ancestry, sex, gender, disability, veteran status, genetic information, sexual orientation, gender identity or expression, or pregnancy. The University complies with the Civil Rights Act of 1964, related Executive Orders 11246 and 11375, Title IX of the Education Amendments Act of 1972, and all civil rights law of the State of Colorado.
Welcome to the Pingree Park Mountain Campus
Appropriate Gear for Hikes
• Map of the area and compass
• Extra food and water
• Whistle
• Fire starter
• Headlamp or flashlight
• First aid kit
• Insulating layers and waterproof jacket
• Sunglasses/sun block/hat for shading
• Foam pad

Mountain Safety Tips
• Get an early "alpine" start to avoid afternoon lightning storms
• Let someone in the Main Office know your intended destination
• Always hike with a friend
• Stay on trails whenever possible
• Take precautions against blisters, hypothermia, and giardia
• Be conservative; use good judgment

Minimum Impact Hiking
• Plan ahead and prepare
• Travel and camp on durable surfaces
• Dispose of waste properly
• Leave what you find
• Minimize campfire impacts
• Respect wildlife
• Be considerate of other visitors

Visiting High Altitude
• Stay hydrated; drink lots of fluids
• Know your limits
• Slow down and rest often

Climb One of the 5 Summits

<table>
<thead>
<tr>
<th>Summit</th>
<th>Elevation</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>SIGNAL MOUNTAIN</td>
<td>11,262 ft</td>
<td>(3447 m)</td>
</tr>
<tr>
<td>STORMY PEAKS</td>
<td>12,148 ft</td>
<td>(3702 m)</td>
</tr>
<tr>
<td>FALL MOUNTAIN</td>
<td>12,258 ft</td>
<td>(3752 m)</td>
</tr>
<tr>
<td>COMANCHE PEAK</td>
<td>12,702 ft</td>
<td>(3872 m)</td>
</tr>
<tr>
<td>HAGUES PEAK</td>
<td>13,560 ft</td>
<td>(4150 m)</td>
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</tbody>
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Be Aware of Wildlife!

Bull moose, cows, and calves are regularly seen in the Pingree Park area. These moose are majestic to view but be aware of the danger. Keep a safe distance away and try not to startle them. Remember that the park is their home too.

Also be aware that bears love our trash! Don't leave food in or near cabins or dorms. If you see a bear, retreat to a safe area. Don't feed or harass bears passing through the Pingree Park campus.