

FIELD CAMP EXPECTATIONS

Please use this document to learn what to expect day to day during field camp and how to prepare both physically and mentally for a safe and enjoyable field camp experience

A Typical Field Day:

Field exercises require anywhere from 2-4 days per site to complete.

- Breakfast: at 6:30 am. Make sure you give yourself time to eat a healthy breakfast. You will be in the field all day and not eating/eating poorly will negatively affect your mental and physical performance throughout the day.
- Depart from apartments: 7:30-8:00 am
- Drive to field site: field locations vary from 15 minutes to 1 hour away from Ephraim
- Morning: Faculty and students walk parts of the field area together. Faculty familiarize students with the mapping area, the rock formations, and point out notable sedimentary and tectonic features of interest
- Lunch: Bring packed lunch and snacks. We typically have a ~45 minute break in the mapping area.
- Afternoon: Students break out into assigned groups or, on occasion, go on their own. Students walk throughout the mapping area, collecting their own data
- Return to apartments: Vans leave the field areas at approximately 5:00 pm
- Dinner: At 6:00 pm sharp everyone drives to a diner and eats together. Some dinners will be take out and TA's will bring them to apartments. Meals are pre-ordered ahead of time.
- Evenings: Students work on their mapping assignments. Some evenings there are short lectures or feedback sessions.

A Typical 'Office' Day:

Students have one 'office' day to complete their maps after field mapping in an area is completed. Map exercises will take most of the office day to complete.

- Morning and afternoon: Students work in their rooms or go to the local community college library to work on their maps and exercises. Occasionally there are short feedback/help sessions.
- Dinner: At 6:00 pm sharp everyone drives to a diner and eats together. Some dinners will be take out and TA's will bring them to apartments. Meals are pre-ordered ahead of time.
- Evenings: Finalize map assignments and turn them in, typically between 5-9 p.m.

A Typical Overnight Field Trip:

There will be four overnight field trips during the 6-week course.

- Field trips are at locations that are typically a drive of several hours from Ephraim. There will be several stops along the way to our final destination. Stops include lectures, short hikes to outcrops, and data collection.
- Lodging: Two nights sleeping in a campground. Sites are 'primitive' but have with pit toilets and drinking water.

- Meals: All the meals are bought and packed ahead of time by TA's. Students fix their own breakfast and lunch each morning while on the field trip, while dinners are communally cooked in the campground.
- Field days: each day of the field trip we travel as a group visiting sites. Sites may be close to roads or may be visited by hiking throughout the day. At sites students can expect short lectures, notetaking, discussion of observations, data collection, etc.
- Evenings: free. Students typically go for a nearby fun hike or just hang out by the campfire

A Typical day 'off':

We have one day a week 'off'. This is not always a Sunday, sometimes your day 'off' may be a weekday. On free days no dinner will be provided by the School of Earth Sciences.

- Students can cook in their apartments or use the grill outside (please provide your own fuel and charcoal), or go to eat anywhere else they want.
- On days 'off', students can use the vans to go hiking, swimming, to go to other towns/cities to catch a movie or dinner, or anything else they may plan. For safety purposes day 'off' plans need to be shared with faculty and assigned van drivers need to be on board.

Field conditions:

Field days are long and often physically demanding. Consider the impact in diet, time zone, physical exertion, and stress levels that this environment creates.

- Altitude: The field areas range in elevation from 5100' above sea level at the south end of the Sanpete valley to around 8000' in the surrounding mountains. Ephraim itself is at an elevation of 5540'
- Temperatures: In the field, daytime temperatures will usually reach into the 90's with low humidity, but the temperature drops at night into the 40's and 50's. Some of our overnight field trips are at higher elevations (~8500') and temperatures will be up to 30°F cooler both in the daytime and at night. Rain showers are common in the afternoon.
- Terrain: Often covered in fine to coarse loose debris. Steep slopes, rocks ledges, and cliffs may be encountered at some sites. Uneven terrain is common.

Field Expectations:

Students in the course should be able to:

- Walk anywhere from one mile to five miles on flat or hilly terrain. Many hikes are short and steep, while others are longer on a gentle incline.
- Walk up/down a sloping, commonly rubbly hillside. Be able to climb up/down rock ledges up to 3-4 feet high.
- Walk while carrying equipment in your hands, such as compasses, notebooks, and map boards.
- Use a hand lens to investigate rocks.
- Use a rock hammer / chisel to investigate samples.

- Carry a backpack with approximately 10-12 lbs of personal supplies (food/snacks, extra clothing, suntan lotion, medication, etc.) and a personal supply of water for each day (recommended up to 1 gallon per day)

Physical Challenge Scale:

The physical challenge scale (Level 1 = easy to Level 5 = physically demanding) is meant to provide insight into how much physical exertion you can expect on field days and ideas on how to get ready for the trip.

If you have health concerns about your readiness for these activities, it is recommended you speak to your physician before beginning any workout regime.

The physical challenge level for this course falls between a 3 (requires basic level of physical fitness) and a 4 (above average level of physical fitness). We recommend that participants already have a base of fitness training and, if not under some training program already, continue or increase their training to 3-4 times per week.

Most of the time, expected effort might be a 4-6 mile walk with a 10-12 lb backpack. Please note these many miles are achieved throughout the whole day in the field, with stops for lectures, data collection, lunch, etc. A few times a continued 4-6 mile walk with a 10-12 lb backpack will be required to reach a site; other times there will be short but very steep hikes to a site. In these instances, everyone walks at their own pace and meets at a previously agreed spot.

Please note that a faculty or a TA will always be at the rear of the group to make sure no one is left behind by themselves. We do not start lecturing, start an exercise, or leave a site until everyone has safely been reunited with the group.

Getting ready for a Level 3-4 Program:

- 20-30 minutes of brisk walking at interval training level (uphill, downhill and level terrain)
- Running, swimming, elliptical or other cardio workout 3-4 days per week
- Consider mixing in Group Fitness classes like Full Body Challenge, TRX[®], Zumba[®], Pilates, Yoga, Indoor Cycle, or Circuit Cycle.

To explore the possibilities of an accommodation or to create a plan for this course experience, please contact the [Student Life and Disability Services Office \(SLDS\)](#) prior to departure for Utah and/or Dr. Cristina Millan (millan.2@osu.edu).