One participant commented, “I had never camped before and I had a wonderful time on the trip. It was a great workout, great exercise, and a great way to get to know other frosh. ...It turned out to be just the thing I needed to start my adjustment to Princeton.”

The richness and beauty of the outdoors and the small group size of 8-10 participants and 2 upper-class leaders provide an atmosphere for developing close friendships and group cooperation. The Frosh Trip introduces you to being a part of a supportive community. “By living with the same group of people for four or five days, by doing everything together—cooking, cleaning up, eating, hiking, sleeping, setting up camp, making daily decisions—a community is formed.”

At the same time, the trip fosters respect for others and the diversity within the group. It is your first opportunity to interact closely with your new classmates from a wide variety of backgrounds. As one
student noted, “It was a great introduction to a small portion of the Princeton community which is incredible in its talent, diversity, and perspective.”

OA often becomes a lasting part of the Princeton experience. For many students, friendships made on the Frosh Trip last all four years. One participant stated, “I can’t believe I even considered passing up this wonderful experience. At the end of the trip, I knew I had eleven true, wonderful people I could call friends. I encourage all entering students to participate.”

Another goal of the Frosh Trip experience is to encourage an understanding of the natural world. Outdoor Action is committed to protecting the environment and preserving our valuable natural resources. You will learn all the basic outdoor skills you will need to be comfortable on the trip. Your leaders will also emphasize “leave no trace” camping and recycling as a vital part of the wilderness trip. “I loved the lunch breaks when we would sit outdoors, relax, feel the wind through our hair, and enjoy the sunlight. I really had a great time learning about the outdoors.”

A Day on OA

Rolling out of your cozy sleeping bag into the crisp morning air, you leave the tarp that kept you warm and dry last night. After a breakfast of pancakes or cereal you pack up and head out. Each day brings new vistas along the trail or the river. Lunch might be a chance to talk about how you spent your summer, or learning about what life at Princeton is like.

Several miles and few rest stops later, you get to your next campsite. After setting up camp, you can practice your culinary skills cooking dinner (from chicken fajitas to spaghetti) and maybe end with cheesecake for dessert. You can learn an incredible amount about a group of people by living and working with them every day. After a relaxed evening discussion as the stars shine overhead, you crawl into your sleeping bag for a good night’s rest.

The Frosh Trip offers a range of different activities. We place participants into trips appropriate to their level of physical condition.

I had heard from a friend who went on the trip last year that it was a great experience and that I should definitely go... It definitely met my high expectations. I learned a lot more than expected. The most valuable part was getting to know people really well and becoming friends with them.

Backpacking trips will hike anywhere from 3-10 miles a day (~3-7 hours). You will hike in one of a
number of Eastern wilderness areas such as: the plateaus of central Pennsylvania, the crags of the Catskills in New York, the scenic Appalachian Trail in Connecticut, Shenandoah National Park in Virginia, or the summits of the Green Mountains in Massachusetts and Vermont.

**Backpacking and Rock Climbing** trips combine backpacking and one day of rock climbing. You will hike anywhere from 3-10 miles a day (~3-7 hours). One day will be spent at a climbing site along the Appalachian trail learning basic rock climbing techniques and climbing safety.

**Backpacking and Canoeing** trips combine 3 days of hiking and 3 days of canoeing. You will cover anywhere from 3-10 miles hiking a day (~3-7 hours) or 8-15 miles canoeing per day (~4-8 hours). The trips explore the quiet flatwater or easy whitewater on the Delaware River.

**Canoeing or Kayaking** trips travel anywhere from 8-15 miles per day (~4-8 hours) and range from quiet water canoeing or kayaking on the lower Delaware River to easy whitewater canoeing on the upper Delaware. Each night you will camp along the river in state park or private campgrounds.

**Outdoor Adventure** trips give you an opportunity to try out a range of outdoor activities while staying at our base camp at the Princeton-Blairstown Center. Each day will offer a new experience from such things as hiking along the Appalachian Trail, canoeing, high ropes course, and a trail restoration community service project. Participants will stay in rustic platform tents and cook outdoors, bathroom and shower facilities are available. These trips are a good option for those students who haven’t been camping before.

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**The Outdoor Action Program**

**History**

Since its inception twenty-five years ago, the Frosh Trip has been the first Princeton experience for over 8,200 incoming students. During the year more than 1,650 students participate in the more than 150 different trip activities that OA offers.

*I really enjoyed my Outdoor Action trip and would recommend it to any incoming frosh. Even more than the beauty of the wilderness I enjoyed the instantaneous camaraderie that developed in our group. I feel it will continue throughout the year. All of our numerous questions about Princeton were knowingly and gladly fielded by our leaders. We learned a lot, worked together, and had a great time.

I cannot tell you how glad I am that I participated in OA. I’ve made some really great friendships. It was a wonderful way to be introduced to Princeton and I would strongly recommend it to EVERYONE!!*

**Leader Training**

All our leaders complete a rigorous training program that includes backpacking skills, wilderness first aid, leadership, and safety management. The OA Leader Training Program is one of the most extensive and emulated of any college outdoor program and is responsible for Outdoor Action’s excellent safety record. OA’s Leader’s Manual, *The Backpacker’s Field Manual*, was published this year by Random House.

**Special Needs**

Remember, OA is for everyone who wants to participate. There are trips for observant Jewish students and a number of trips that can accommodate the needs of students with disabilities such as visual, hear-
I think the trip was the best thing that could have happened to me. I learned more about myself and Princeton and got to know ten terrific people. It made the transition of coming to college a whole lot easier.

I wanted to say that the leaders deserve a lot of credit. They made the trip such a fun experience. They were fantastic!

Nothing could have prepared me better to make the jump from a class of 45 to one of 1100.

This was one of the best ways I can think of to meet some other freshmen. It was great!

Thanks.

I encourage everyone to engage in some type of regular physical activity in preparation for the trip.

Frosh Trip Questions

Q: Who participates?
A: Last year 54% of the incoming class (612 students) participated on 72 different trips. This included students from all 50 states and Puerto Rico and from a number of foreign countries.

Q: What if I have never been camping before?
A: Don’t worry, most of the participants have never been camping before. On the trip your leaders will teach you all the basic skills you will need to be comfortable.

Q: What about Financial Aid?
A: The Frosh Trip is open to all students. Financial aid may be requested by any student who is receiving aid from the University. If you wish to apply for aid, please check the box on the application form. You will be notified later about the amount of your award. The amount of aid is based on the amount of aid you receive from the University.

Q: Do I need any special equipment?
A: No. OA provides all the group camping equipment and can provide backpacks and sleeping bags to those who need them. You will need to bring personal clothing and lightweight boots for hiking.

Q: What kind of shape do I need to be in?
A: OA has a variety of trips at many different levels of fitness. We will place you in an appropriate trip based on

OA on the World Wide Web

Outdoor Action offers a full range of outdoor trips and activities throughout the school year including training for those interested in becoming OA leaders. OA one of the best outdoor education sites on the Web. Check it out for the latest information on the Frosh Trip.

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