

SYLLABUS
ENVST 2000:
Introductory Field Trip
One credit hour
Fall Semester 2015
September 9, 12-13
September 9 Classroom: CTIHB 109
September 12-13 Weekend Field Trip: Little Cottonwood Canyon
(Alta)

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COURSE DESCRIPTION

This course provides an opportunity for Environmental Studies students to meet each other, in a field-research setting, and discuss a major environmental issue. The class will meet one evening on-campus for an orientation (September 9), and then spend a weekend in Little Cottonwood Canyon (September 12-13). Guest speakers from the University of Utah and broader community will talk about the program, classes, and share opportunities for student engagement on campus and in the community. This class is open to all interested students, but is required for all Environmental and Sustainability Studies majors.

COURSE OBJECTIVES

There are three course objectives. First, students will have a greater understanding of the Environmental and Sustainability Studies major, future employment possibilities, and the kinds of policy issues that arise in professional settings. Second, students will have an increased sense of *esprit de corps* as an Environmental and Sustainability Studies major, and initiate a networking relationship with other students that will facilitate on-going interaction and future professional contacts. And third, students will have an increased understanding of the opportunities available on campus to participate in campus sustainability, and the natural world that can be found in the local environment.

COURSE FORMAT AND FRAMEWORK

Orientation meeting: Wednesday, September 9, location CTIHB 109 4-

7pm. The purpose of this class is to get to know one another, introduce students to the concept of campus sustainability, and plan the field trip.

Weekend Field Trip: Little Cottonwood Canyon (Alta)
Saturday, September 12, 8:00am to 9:30pm
Sunday, September 13, 9:00am to 3:00pm

Driving Instructions: Drive South on I-215 towards Little Cottonwood Canyon, take the 6200 S exit towards the ski area signs. Follow Wasatch Blvd. to Little Cottonwood Canyon Road and head up the canyon. Drive all the way to the end of the road where the Albion Base buildings are for Alta, park in the Albion Grill parking area.

*** We will shuttle camping equipment up to Alf's where we will be sleeping (indoors with sleeping pads and sleeping bags). Students will walk the 1.5 miles up to Alf's. There are bathrooms available for use and accessibility to drinking water. ***

REQUIRED READING

Hawken, P., 2007, *Blessed Unrest: How the Largest Movement in the World Came into Being and Why No One Saw it Coming*, Penguin Group.

Jones, V., 2008, *The Green Collar Economy: How One Solution Can Fix Our Two Biggest Problems*, Harper Collins Publishers.

Note: You should read all of the required readings *before* the weekend class.

GRADING

Your grade will be based on:

- 1 Take-home **reflections paper** (50% of grade). Question: Relying upon the required readings, the guest speakers, and the materials covered in class, describe the future of the environmental movement. What will **your** role be in that movement? Are you optimistic about our environmental future? Your answer should be 3 pages (no more, no less), double-spaced, typed. **Deadline: Sunday, September 20, 11:59pm. Submit your paper in Canvas to receive credit.** Note on grading: Your grade will depend on your ability to incorporate ALL of the required readings, guest speakers, and lecture material into your answer in a coherent manner.
- 2 **Participation** (50% of grade). You must attend all sessions of the class to receive a grade. This class will require an unusual level of

participation due to the emphasis on team-building, team-learning, and iterative discussion.

Miscellaneous Information

Consultation:

Please contact Jennifer Follstad Shah with any questions.

Phone: 801-585-5730

Email: jennifer.shah@envst.utah.edu

Electronic Devices:

Turn off your cell phone. A cell phone ringing in class is an inconsiderate intrusion on your classmates and instructor.

Academic Dishonesty:

Any act of academic dishonesty will result in a course grade of E and a recommendation of additional disciplinary action. Academic dishonesty includes:

-cheating: giving or receiving unauthorized assistance on any academic work.

-plagiarism: presenting the language, structure or ideas of another person as one's own original work.

-falsification: any untrue statement, either oral or written, concerning one's own academic work or the academic work of others, or the unauthorized alteration of any academic record.

-original work: all academic work undertaken in this course must be original, i.e. it must not have been submitted in a prior course or be submitted in a course being taken concurrently without prior approval of instructor.

If you get caught engaging in any of these behaviors, you will be removed from the class and given a failing grade, no exceptions, no excuses.

University Policy: Firearms, fireworks, alcohol, controlled substances, pets, non-enrolled persons are not allowed. Neither are unsafe or environmentally damaging behaviors. Students must attend the first class meeting, and must begin and end the field session with the class. There will be no swimming, mountain biking or rock climbing. Violation of these policies requires instructors to dismiss a student from the course without credit or refund.

Hazards: Students have responsibility for their own welfare and safety on this course.

***** **Each student must sign a form:** *University of Utah Participant Agreement, Release, and Acknowledgement of Risk*. Read it carefully before signing each section, as it lists many of the risks present.

No Fires – Due to the extreme fire conditions there will not be any open flames allowed during the field class.

Insurance:

Temporary insurance is available for students. This insurance is only a few dollars per day and can be purchased at the Cashier's Office on the first floor of the Student Services Building. Students **MUST** purchase the insurance in person and in advance of the field trip.

Accommodations:

Reasonable accommodations will be made for students with physical, cognitive, systemic, learning or psychiatric disabilities. The unique demands of the field trip may require enrolling in alternate courses. Please notify your instructor of pertinent disabilities at the *first class session*. Disabilities must be listed on the “Participant Agreement, Release, and Acknowledgment of Risk” form. Courses in the NRL Program maintain an environment supportive of the Americans with Disabilities Act (ADA), and of non-discrimination.

Please inform your instructor of needed accommodations no later than at the September 9 evening meeting.

Sexual Misconduct:

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran’s status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677(COPS).

ESSENTIAL PAPERWORK: (These MUST be received by Jennifer Follstad Shah before departing for field trip)

1. *Participant Agreement, Release, and Acknowledgment of Risk* forms.
2. If driving: *Driver Information* sheet.

If your name does not appear on the roll, you must furnish proof of registration before the field session begins.

EQUIPMENT INFORMATION

Your instructors will have a group first aid kit, some emergency supplies, and their personal equipment. Water will be available at the Faculty Club. Students are responsible to bring the gear described below.

A) REQUIRED EQUIPMENT: Due to safety or course-related considerations, you must bring on the field trip *ALL* the equipment, in functional condition, that is LISTED IN THIS FIRST SECTION (A).

- 1 pair sturdy hiking shoes, 1 pair high-quality socks, warm hat, upper body insulation (such as a sweater), windbreaker jacket, sturdy pants, warm long-sleeved shirt. Avoid cotton fabric.
- Work gloves/garden gloves
- Rain shell and rain pants
- Daypack
- Sleeping Bag (warm)
- Sleeping pad
- Tent (OR a *confirmed* plan to share a tent)
- Cooking gear: a stove with fuel (OR a *confirmed* plan to share these)
- Eating utensils: cup, bowl or plate, spoon, knife
- Water bottles: minimum of 1 liter bottle (*water purification not needed*)
- Personal food for: Saturday lunch and dinner, and Sunday breakfast (OR a *confirmed* plan to share and cook food)
- Notebook and pen/pencil
- Personal medications and medical supplies, if needed
- Camp chair
- Sunglasses and sunscreen
- Working headlamp

B) SUGGESTED EQUIPMENT (Some items on List B may be **important for your comfort, but are not required):** _____

- camp shoes (light)
- large-brimmed hat or cap
- insect repellent
- personal 1st aid kit

- compass
- additional warm clothing
- personal hygiene kit, wet wipes
- camera
- gloves for service project
- hand warmer packs

ADDITIONAL EQUIPMENT NOTES:

If you do not own this equipment, BORROW or RENT it. Another option is to BUY new gear. Your instructors are available for advice. Best RENTAL source: The **Outdoor Recreation Program**, bldg. F650, U. Utah. Phone: 581-8516. Reserve by paying the rental fee, as early as Monday of the week of use.

Other renters: Wasatch

Touring, www.wasatchtouring.com/rentals; R.E.I., 3300 S. 3300 E. Phone: 486-2100.

Whether you OWN, BORROW, RENT, or BUY, don't make the mistake of assuming the equipment is in useable condition. Check all items at home or at the rental agency to be sure they won't let you down when you need them most. *You may hope for benign weather conditions, but be certain to PLAN for CHALLENGING conditions; check your gear BEFORE the trip.*

TIPS: Hydrate well (drink lots of *water*) for several days prior to the field trip. Begin collecting gear now. Listen carefully to your instructors regarding how to stay warm, cool, and safe.

If you aren't certain you can meet ALL course requirements, including bringing the required equipment, you may drop the course, with a complete refund of tuition and special fee, through Friday, September 11, but not after that time and date. If you choose to drop, call the Registrar at 581-8969.

CRITICAL HYGEINE INFORMATION FOR CAMPING TRIPS

Hand washing

Hand washing must be a routine practice, especially after using the toilet. Forms of dysentery are transmitted through poor personal hygiene. Individuals can spread an infection to food, water and equipment. Set up a hand-washing station near the toilet and the kitchen. Cover the toilet with a lid or plastic bag to prevent transmission of micro-organisms by flies and other insects. If backpacking or hiking,

bury human waste far from water sources and in a shallow hole in a location exposed to sunlight; this allows rapid breakdown of the waste.

Food handling

The less food is handled, the better. Food should be wrapped in nonabsorbent material. Food should never be allowed to remain in ice-melt water, as this causes contamination. Also, loose water lowers cooler efficiency. Poultry is most susceptible to spoilage; even more attention is necessary when handling it. It is safer if pre-cooked.

Perishable items such as sandwich spreads should be stored in small containers to encourage fast use. Spoilage can quickly become a health hazard. Chrome- and cadmium-plated racks should not be used for grilling. Chipped enamelware should not be used. Food preparation surfaces, such as cutting boards, should be kept very clean.

Water

There are five techniques of obtaining safe drinking water on camping trips.

1) Bring it.

2) Find drinkable water (hard to do).

Find water in the natural environment, and: 3) boil it. Or 4) use mechanical filters, or 5) use chemical purifiers. Water **purifiers** are devices that combine mechanical and chemical technology (#4 + #5 in the same device).

Water purifiers are available at outdoor equipment stores. They are effective, easy and efficient to use. You may also purify water by bringing it to a brief **boil** (#3) This may be the BEST method for assuring destruction of pathogens.

Purification of water may also be accomplished by **chemical treatment** (#5). Iodine is generally superior to chlorine for treating against Giardia, although changes are underway with this and other chemical technologies.

Always follow directions, if using commercially packaged treatments. Wait at least thirty minutes before drinking chemically purified water. When the source water is particularly cloudy or cold, double the dosage and double the treatment time. Before treating cloudy water, allow it to settle and decant the cleaner water to treat.

Sanitizing dishes

Wash dishes in solution of HOT water with a minimal amount of biodegradable soap. Rinse in drinking water (if plentiful) or bleach-river

water solution. Strain the dishwater dregs and pack out residual waste.

Keep the amount of dishwater at minimal levels; do not return it to natural water sources, unless the source is a large river. Wise campers plan cooking in such a way as to keep at a minimum, or eliminate altogether, any dishwashing.

Leftover food

This should not be left for wild animals to consume: it attracts ants, flies, wasps and mice, especially at popular sites. It is often harmful to wildlife for a number of reasons. Leftovers should be consumed by campers or packed out and disposed of properly.

Suggestions for food:

CONSIDER FOUR MAIN FACTORS: **high nutritional value, low weight, ease of preparation, good taste.** Use **plastic bags** to **repackage** foods (save preparation instructions from original packages). Care of the environment is second in importance only to personal safety, so: **Don't use fires - stoves are more efficient. Burn no packaging or waste food** - pack it all out. Greasy cans can be scorched clean over your stove before crushing and packing them out. Take a sealable container to pack out grease and inedible leftovers. **Minimize dishwashing and food waste** to minimize disposal problems. Good book for menus and techniques: *NOLS Cookery*, Claudia Pearson, Ed.

The following list is **not comprehensive**, but an example from actual trips. Consider high-nutrition “complete” food combinations, such as red beans with rice, or lentils with milk. Longer trips require greater use of dry ingredients.

A. Breakfasts

bagels, pita, or tortillas, jam, honey

instant oatmeal, cream of wheat, cereal or granola with powdered milk
pancakes

eggs (powdered)

for cool-weather trips: pre-cooked bacon or turkey strip bacon (minimal grease)

breakfast bars

B. Lunches

bagels, tortillas, pita bread

hard cheeses

dried fruit

dry meats, salami

canned meats: chicken, turkey, Spam,
etc.

canned seafood: tuna, sardines, oysters (avoid “packed in oil” as oil be packed out)

peanut butter, jam (use plastic containers or transfer to double ziplock bags), honey

cookies (nutrient-rich, like whole wheat fruit-filled cookies)

candy, nuts, jerky, food bars

C. Dinners

tortillas, pita bread

freeze-dried dinners

instant potatoes, rice

Ramen noodles, regular noodles, spaghetti or other pasta

(pour over it: canned chicken mixed with cream of chicken soup or other mixture)

dry soups

canned meat (see “lunches”)

no-prep puddings

lentils, humus, beans, peas (pre-cooked and dried, ready to heat and eat)

Boboli bread or English muffin + tomato paste + cheese + pepperoni = backcountry

pizza

D. Beverages (from dry mixes)

tea, coffee, hot chocolate, milk, juice, lemonade

alcohol is prohibited

Other possibilities Bring small, non-leaking, repackaged containers of flavorings: soy sauce, mustard, brown sugar, molasses, lemon, Tabasco, hot sauce, curry, onion, garlic, oregano, salt, pepper, oil, other spices.

Fresh vegetables and fruits are heavy. Freeze-dried vegetables and partially dried fruits are good choices.

Backpack foods most prone to spoilage should be eaten first.

THE SEVEN PRINCIPLES OF LEAVE NO TRACE

PLAN AHEAD AND PREPARE

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups. Split larger parties into groups of 4-6.

- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

TRAVEL AND CAMP ON DURABLE SURFACES

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.

In popular areas: Concentrate use on existing trails and campsites. Walk single file in the middle of the trail, even when wet or muddy. Keep campsites small. Focus activities in areas of minimal vegetation.

In pristine areas: Disperse use to prevent the creation of campsites and trails. Avoid places where impacts are just beginning.

DISPOSE OF WASTE PROPERLY

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

LEAVE WHAT YOU FIND

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
- Avoid introducing or transporting non-native species.
- Do not build structures or furniture; do not dig trenches.

MINIMIZE CAMPFIRE IMPACTS

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.

- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

RESPECT WILDLIFE

- Observe wildlife from a distance. Do not follow or approach wild animals.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times, such as during mating, nesting, raising young, or winter.

BE CONSIDERATE OF OTHER VISITORS

- Respect other visitors and protect the quality of their experience.
 - Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.