TIS THE SEASON
IU Outdoor Adventures, December 2012 Newsletter

That means winter sports, the holiday gift-giving season, hot chocolate, and dreams of spring break. We’ve got it all, keep reading!

Winter in Indiana
Get outside this winter in our own backyard. We have some ideas to get you out there.

Spring Break Trips
Six awesome trips all over the country! From climbing to canoeing to backpacking, you’ll find one that fits for you.

Holiday Gift Guide
Still have some people to shop for on your list? Nothing says Happy Holidays like gear.

Winter is Here!
Join us this Spring Break for a trip you’ll never forget.

There are a lot of things that set IUOA’s spring break trips apart from a “traditional” spring break.

Not only will you have a week of fun in the sun, you’ll also meet a new group of people, learn new skills, and be somewhere beautiful and unique.

Leave your schoolwork or beach towel at home this year and gear up for the adventure of a lifetime.

**Zion Backpacking**
This trip will spend a week exploring and backpacking in a unique and scenic National Park. Zion boasts breathtaking views, deep canyons, and the iconic red rocks of Utah.
March 8-17th, $440 Student/$485 Public

**Rio Whitewater Canoeing**
Join us for an expedition on the Rio Grande River in Southern Texas for some whitewater canoeing! We’ll paddle whitewater, explore canyons, and sleep under the stars.
March 8-16th, $460 Student/$510 Public

**Moab Mountain Biking**
Moab is one of the best places in the U.S. to mountain bike! Join us-- we’ll start on the famous slickrock and move on to iconic routes like Porcupine Rim.
March 8-16th, $560 Student/$625 Public

**Outer Banks Kayaking**
This coastal kayaking adventure will head to North Carolina’s outer banks for a week! With pristine beaches, migrating whales, and phenomenal sunsets this area is known for its first class kayaking.
March 8-17th, $415 Student/$460 Public

**Mississippi Valley Climbing**
This trip will head to Arkansas and Southern Illinois to spend a week at some of the country’s best climbing sites. All climbing skill levels welcome!
March 9-17th, $400 Student/$440 Public

**Grand Canyon Backpacking**
Few places are as iconic and breathtaking as the Grand Canyon. Join us as we backpack in this amazing place and experience the grandeur that it has to offer.
March 8-17th, $605 Student/$670 Public
### Holiday Gift Guide

Just a few ideas for the outdoor enthusiasts in your life!

**Patagonia Nano Puff**
Synthetic, lightweight, quick drying, and versatile, the Nano Puff Pullover is a great gift for any outdoor enthusiast on your list (or you!) Available in Men’s and Women’s. Retail: $169

**Mountain Hardware Monkey Jacket**
This mid-layer has it all—great insulation, an awesome fuzzy fleece fabric, and a flattering design. Good luck ever taking it off. Available in Men’s and Women’s and at the IUOA Shop. Retail: $160

**Melanzana Micro Grid Crew**
Handmade in Colorado, Melanzana’s pieces are unique and loved by their owners. This light, simple fleece crewneck is perfect for layering or lounging around the house. Available in Men’s and Women’s online. Retail: $49

**BuffWear The Original Buff**
It’s a neck warmer… and a headband… and a bandana… and a pot grip… and comes in dozens of colors. It’s a great tool for any trip because it does whatever you need it to. Retail: $20

**Stanley Outdoor Drink Thru-Bottle**
Whether you’re trekking to class or taking a break between pitches of ice climbing, nothing is as great as a hot drink. This 16 oz. thermos is spill proof and keeps drinks nice and toasty. Retail: $30

**SmartWool Wool Socks**
Socks aren’t a lame gift if they’re made by SmartWool. They offer a variety of designs for activities like skiing, cycling, and hiking, and the wool will keep your feet dry and warm this winter. Retail: Varies

**Lift Tickets**
Take a friend and hit the slopes skiing or snowboarding for a day here in Indiana. Both Paoli Peaks and Perfect North sell day passes and are located in Southern Indiana. Retail: Varies, check online.

**Take a Hike**
Plan a day hike for someone this holiday season and make it a festive occasion with a themed picnic of hot chocolate, cookies, and candy canes. Winter can be a beautiful time to be outside. Retail: Free!

**Starbuck’s VIA**
Coffee enthusiasts shouldn’t have to suffer sub-par instant coffee in the backcountry. Starbucks’s VIA instant is an affordable luxury for those cold winter mornings... really any morning. Retail: ~$8 for a 6 pack
Get Outside This Winter!
A few ideas to get you going...

S’mores Hot Chocolate
(from minimalistbaker.com)

Ingredients
2 cups milk, 1 cup water (or use 3 c milk), ¼ cup cocoa powder, 2 Tbsp light chocolate syrup, 2 Tbsp sugar, 1/4 tsp non-bitter stevia (or add 1-2 Tbsp more sugar to taste), pinch salt, graham crackers, crushed (for lining rim), ½ cup marshmallows

Instructions
1. Preheat oven to low broil, move oven rack to the second from the top, place baking sheet on rack.
2. Heat milk and water in a saucepan over medium heat until warmed.
3. Add cocoa powder, chocolate syrup, sugar, stevia and salt and whisk vigorously until thoroughly combined.
4. Meanwhile, take a few marshmallows and rub them around the top of your mugs so the graham crackers will stick. Then, dip mug in graham cracker crumbs until well lined. You could also add some graham cracker crumbs to the bottom of your mug for extra graham flavor.
5. Pour in hot chocolate and top with ¼ cup marshmallows each. Carefully set mugs on the baking sheet in the oven and broil marshmallows until browned, watching carefully as to not let them burn.
6. Carefully remove from the oven with a towel and serve with holders or a small towel to protect hand from heat (they should cool quickly for handling). Top with a drizzle of chocolate syrup and extra graham cracker crumbs for serving (optional).

Cross Country Skiing
When the snow starts falling, grab some skis or rent a pair from IUOA and hit the trails.

Trail Running
Once you start running it doesn’t seem quite so cold... and there’s something magical about setting out in the newly fallen snow.

Checking Out the Lights
Many places, including Bloomington, have beautiful light displays in the winter. Bundle up and check them out-- no snow required.

And we promised you hot chocolate...