

# THE NHOC



This is your chance to get involved with a club right away. The NHOC typically offers multiple trips each weekend. In addition it runs Bloo Circle each week, where club members can get together and hang out. Usually there is an activity planned, like watching movies, sledding, skating, bowling and more. Whether you are interested in becoming an active member in the club, or just want to go on a trip every now and then, the NHOC is a great club to get involved with, and offers countless possibilities.

## A Bit About the Club

- The NHOC is drug and alcohol free
- The NHOC owns two cabins in the White Mountains that are used on many of our trips
- Trips are entirely student run and led
- There are trips for all skill levels

## The Leaders

- Are trained in Wilderness First Aid
- Have taken Defensive Driving
- Have attended Leadership Training
- Have previous trip experiences



## The New Hampshire Outing Club

MUB Room 124

Phone: (603) 862-2145

Email: [nhocFreshmanTrips@gmail.com](mailto:nhocFreshmanTrips@gmail.com)

Or at [TheNHOC@gmail.com](mailto:TheNHOC@gmail.com)

Website: [www.unh.edu/nhoc](http://www.unh.edu/nhoc)



## University of New Hampshire

Interested in being part of the largest and oldest club on campus? Approaching its 100th birthday, the club is entirely student run, and provides students at UNH with experience, education, and activities in the outdoors.

## Freshmen Trips

It is the mission of the NHOC to provide an amazing outdoor experience on all trips. Trips are a great way to see amazing places, and meet cool people. Often, friendships made on Freshman Trips last through college. This can often make the transition to college life a lot easier. Trips can offer Backpacking, Climbing, Canoeing, Hiking and more. If you're ready to get out there:

Email us at:  
[nhocfreshmantrips@gmail.com](mailto:nhocfreshmantrips@gmail.com)

# So What are Freshmen Trips?

Freshmen Trips take place the week before college move in day. The trips have 4-6 freshmen, and are led by two or three NHOC leaders. You meet at UNH at the beginning of the trip and gather any gear you might need and pack everything up to head out. You will spend the next 4-7 days out in the wilderness doing the activity your trip has planned for you. This may include but is not limited to hiking, canoeing, backpacking, and climbing. Your trip may even combine activities together.

During the trip you get to be in the woods having fun and get to know the other freshmen, and get to know upper classmen as well, who can be a big help for your transition into college. The upper classmen are also able to answer a lot of your questions about college and provide any information about the university or life on campus that they know. You will also build friendships with the other freshmen and in most cases go into college with a good group of friends already. The NHOC freshmen trips are similar to the freshmen camp experience in that we can help ease you into college but we do it by sharing an interest in the outdoors and having a great experience. The last day all the trips meet up together on campus as we camp out on campus and enjoy pizza ... (continued on next page)

together. So not only will you know the freshmen who were on your trip but you will also know all the freshmen from the other trips and even more outing club leaders. Freshmen trips are the perfect opportunity to learn outdoors skills or expand on your love of the outdoors and also ease you into the college experience.



**If you have any questions, would like more information or are interested in signing up for a trip. Email us at [nhocfreshmantrips@gmail.com](mailto:nhocfreshmantrips@gmail.com)**

**The specific trips will be available in the spring. Updates and information are available at the website [www.unh.edu/nhoc](http://www.unh.edu/nhoc)**



Last year I went on a freshmen trip called Peacin' Out in the Prezies in which we started on one side of the presidential range, and trekked to the other side, around a 50 mile hike. There were three other freshmen, and three NHOC leaders on the trip. I had a great time and went into college with some friends who were also interested in the outdoors. The leaders answered any questions I had about college and were awesome leaders. I enjoyed the experience so much that I immediately started to participate in the club and quickly started to become a leader myself and will be leading freshmen trips this coming year.  
-Chris UNH Class of 2011

