

UMass (in Maine) Outdoor Experience

MOE 2018



UMass Med Orientation for the Class of 2022

Wed., August 1st - Sat., August 4th, 2018

West Forks, Maine

"The tried-and-true way to meet your classmates before classes start!"

The MOEoverview

Wednesday, August 1st

- Scramble to find a ride to West Forks, Maine with your new classmates
- Find other campers to share a tent with and set up camp
- **LEARNING COMMUNITY SORTING CEREMONY** – Whoooo! Free T-shirt Whooooo!



Thursday, August 2nd

- **White Water Rafting** on the Kennebec River!
- S'more Chillin'
- MOElympics – Round One!

Friday, August 3rd

- Mountain Hike: first challenge with the Class of 2022!
- Treat yo'selves at the Moxie waterfall
- MOElympics: Round Two electric boogaloo



Saturday, August 4th

- Wake up
- Make your way to the nearest Dunkin Donuts
- Put gas in the car ****important****
- Drive home with your new friends!!!

Top 10 Reasons to Come to MOE 2018

10. The leaders are really, really ridiculously good looking (damn)



John Woodward, Kara Kennedy, Anna Gubala, Abi Bose, Meaghan Molloy, Dan Wenzel, and Nick Hebda

9. The 2nd years will slave over the grill, clean, and bring the fun to you! (All you have to do is show up!)



8. There is running water, so you can go to the bathroom and shower!
(We totally get that some people don't like to live in their own filth, but like, YOLO.)



7. You'll find out your house assignment... (yes, just like in Harry Potter, but better because we give you a shirt!)

Kelley? Quinsigamond? Blackstone? Burncoat? Tatnuck? Brightwood? Come find out!



6. Prove you are **more than your MCAT** score (LOL you're in med school now... MCAT literally doesn't matter anymore). Let the MOElympics begin!

Which house will reign supreme??



5. Enjoy the beautiful landscapes and scenery of West Forks ME !!

(have you ever seen the stars in Maine?? how about roaring river rapids??)



4. Unplug from social media, and truly get to know your classmates for the next four years (trust us, this will be the last time to really see everyone, because Lecture Capture exists)



~ New friends!! ~

3. The food is *fire*. Last year, people were spotted eating pasta salad well past 2am.

Plus, we bring food to satisfy all dietary needs - vegan, gluten-free, allergies, just let us know! Everyone will be fed three meals a day! AND COFFEE.



~ covfefe ~



2. Magic Falls, West Forks is quite a magical place, come see for yourself!!



1. MOE IS A UMASS MED RITE OF PASSAGE

Talk to any alumnus, and they will tell you: GO TO MOE!!!

**Actual MOE picture....
#nofilter #blessed**



The MOEssentials



Please join us for the first weekend of August where they possibly
filmed Twilight!

Cost: \$190

This includes *everything* for the trip
All meals, camping, rafting, and more!

In order to attend this orientation, you must be registered at UMass! (duh)
We will definitely send you reminder emails, but don't drop the ball!

Please send in the following form and your check before 6/15.

Meet at the UMass Parking Lot at 9am on Wednesday 8/1
You will be given directions to Maine when we meet at UMass, don't fear!

~Submit the last page of this document to register~

MOE 2018 leaders (MS2s): John Woodward, Kara Kennedy, Anna Gubala, Abi Bose, Nick Hebda,
Meaghan Molloy, and Dan Wenzel

Packing List

Camping NOVICES see next page

Tent and Tarp

Sleeping bag and sleeping pad

Pillow

Jacket/fleece

Long pants and shirt

Sweatpants

Swimsuit and Towel

Flip flops

Sneakers/shoes for hiking, **closed toe!!**

Shoes that can get **wet** (rafting)

Non-cotton shirt (rafting)

Toiletries

Shower towel

Flashlight / headlamp **

Sunscreen

Bug Spray !!

Cards/Frisbee/Football/soccer ball, etc

Camera

Snacks for munching in between meals

Rain & Shine gear

Your Party Pants (A must)

Your smiling face :)

Camping novices: (skip if you're a pro)

- Maine gets **COLD** at night, bring a thick fleece or jacket (ex. like a patagonia type sweater) and a pair of sweatpants. Bring two! you will not regret it.
 - Average daily August temp in Maine near West Forks: **78°F**
 - Average nightly August temp in Maine near West Forks: **53°F**
 - These are AVERAGES it definitely could be colder so be prepared
- ~Treat yo'self~ and bring an **extra blanket** to put in your sleeping bag, or ideally get a **sleeping pad** to put under your bag so you are not sleeping directly on the ground (which will be cold).
- Non cotton (synthetic / athletic type) clothes will dry faster and keep you warmer than cotton ones in case it rains.
- **Extra socks** are your friend! Bring multiple pairs of wool socks for the long nights by the campfire!
- Bring a **flashlight or headlamp**! It's annoying to share with other people and you will need it when you have to pee in the middle of the night.
 - Bring **EXTRA BATTERIES** for your flashlight! (especially if you just found a random one in your house somewhere)
- Bring **bug spray** (duh) and long pants/shirt to keep away the mosquitos

Travel Directions to Magic Falls

Maine White Water Rafting Location in West Forks

DO NOT USE YOUR MOBILE GPS TO LOCATE MAGIC FALLS!!!

Too many guests have programmed 38 Dead River Road, West Forks, Maine into their systems and have ended their journey in the middle of no-where on the back side of Bigelow Mountain. Don't become a statistic or brunt of a classic GPS joke. Follow the driving instructions on your confirmation or call for directions.

To Get to the Base Camp

From Points South:

Take I-95 North. Get off at Exit 133 (formerly 36) - Take Route 201 North for approximately 66 miles. The Base Camp will be on the left, across the bridge.

From the Bangor Area:

Take I-95 South to Newport , Exit 157 (formerly 39) - Take Route 2 West to Skowhegan. Take Route 201 North for approximately 46 miles. The Base Camp will be on the left, across the bridge. - do we need this

Questions/comments/concerns??

Email Your MOE Leaders: UMASSMOE2018@gmail.com

Convinced that you want to come?? (of course you are!)

Please mail your checks (and this page) between May 1st and June 15th!

Sign me up! I'm ready for the orientation trip of a lifetime with the vast majority of my classmates.

Name: _____ **Summer Phone #:** _____

Summer Home Address: _____

Summer Email: _____

Can you bring a: (circle one)

Tent? Y/N How many people can sleep in your tent? _____

Big tarp? Y/N First aid kit? Y/N

Please tell us about any dietary restrictions/allergies:

Transportation:

___ I can drive and have _____ seats left in my car

___ I need a ride, please!

****We're all poor. If you're not driving, please pitch in for gas costs☺****

We recommend staying for the full trip, but understand that some people may need to leave early - please let us know so that we can coordinate rides:

I plan to stay for the entire trip (i.e., until Saturday Morning)

I plan to leave Early (we will reach out in June/July to plan your carpool)

T-shirt size: S M L XL XXL

MAKE CHECK (**\$190**) PAYABLE TO: University Of Massachusetts Medical School

MEMO: UMass Outdoor Experience

SEND TO: MOE c/o Office of Student Affairs at UMass Medical School

55 Lake Ave North

Worcester, MA 01605