

# Ice Skating

## Greensboro Ice House, Greensboro, NC

### Friday, January 23



#### Trip Description:

Spend your Friday evening with us as we head over to Greensboro's local ice rink for a rewarding group experience on the ice. Come out and enjoy the winter season, spend time learning a new skill, and most importantly – have fun! There will be plenty of time for everyone to relax and take things at their own pace. This trip is perfect for anyone who wants to head off campus for a few hours and try something new!

#### Trip Cost: Student = \$20 (\$30 for non-students)

Includes: transportation, equipment, instruction.

**Cancellation & Refund Policy:** You must cancel 10 BUSINESS DAYS PRIOR to trip departure date to receive a refund, minus a \$15 cancellation fee. Any cancellation within 10 business days will receive NO refund. If Outdoor Adventures cancels the trip prior to departure, a full refund will be issued. You may transfer your funds to another trip if it is outside 10 business days from the trip date. No cancellation fee is applied for transfers if transferring 10 business days or more prior to trip departure.

**Cancellation Deadline for Partial Refund:** Refunds are not available due to trip departure date.

#### Requirements to Participate:

The following requirements are required for your trip. If you do not meet or complete the following requirements prior to your trip, you will be removed from the trip without refund. These requirements are necessary to maintain safe and enjoyable trip experiences for all group members.

- 1) You must be able to depart by 7:30PM on Friday, January 23 at Outdoor Adventures

Outdoor Adventures trips are human powered and adventure-based, therefore, you should expect some level of physical exertion from all of our trips. It is important to consider your current level of physical fitness and any other physical or mental limitations you may have when deciding to participate in any of our activities. For clarification on any activities and the difficulty, please contact us.

#### Goals of an OA trip:

- 1) Have a fun time outside and away from campus!
- 2) Learn technical outdoor skills.
- 3) Connect with our natural world and learn how to appreciate the areas we travel.
- 4) This is a group experience, so emphasis is also placed on interacting and getting to know new people.

#### Planned Itinerary (these times are approximate and subject to change):

##### Friday, January 23:

- Meet at Outdoor Adventures by 7:30PM (participants must be able to depart at this time).
- 8:00PM Arrive at Greensboro Ice House
- Group check-in and gear rental, group skate starts at 8:15PM
- Return to campus around or before 10:30PM, de-issue equipment and say goodbye!

Email reminders will be sent prior to every trip, so please check your email leading up to the trip. If you have any questions prior to the trip, please contact us. We are open M-Th 12PM-9PM, F 12PM-8PM, and S-S 1PM-6PM.

Phone: 336-334-4033 Email: [uncg\\_oa@uncg.edu](mailto:uncg_oa@uncg.edu) Web: [recwell.uncg.edu/oa](http://recwell.uncg.edu/oa)

## Packing List:

Please contact us with any questions about the packing list. If your trip has a pre-trip meeting, the list will be reviewed in detail at the meeting. Please keep in mind that all activity specific equipment (tents, sleeping bags, etc.) will be issued on the trip or at the pre-trip meeting. Participants are expected to bring everything on the packing list and ask questions about any substitutions.

***Any item with an asterisk ( \* ) denotes items that we will provide for you at no additional charge.***

### Head, Hands & Feet

- ☐ Warm hat
- ☐ Thick socks to wear with skates
- ☐ Warm gloves

### Upper and Lower Body

- ☐ \*Jacket: appropriate for temperatures during the trip (this could be fleece, down, or similar insulating material).
- ☐ Warm long pants comfortable for ice skating

### Personal Items

- ☐ Lip Balm
- ☐ \$10 if you want to rent an Ice Skating Aid for stability
- ☐ Camera: protective case is highly recommended (optional)
- ☐ Personal medications: prescription drugs must be on your health form
- ☐ Personal medical insurance card (required)
- ☐ Menstrual products
- ☐ \*Water bottle: quart size (required)
- ☐ Backpack: Small backpack to keep any items you would like with you