

# Day Hike and Pilates

## Stone Mountain State Park

### Sunday, March 29<sup>th</sup>



#### Trip Description:

This unique adventure will take place in the largest state park in North Carolina-- Stone Mountain State Park. Just a few hours away from campus we will spend our Sunday hiking to the top of Stone Mountain and doing Pilates in the beautiful park. We will take a break at the summit in the middle of the day for a delicious lunch with a view! The park affords hikers the opportunity to explore pristine and lush wilderness full of creeks and waterfalls: the perfect setting for a scenic hike and rejuvenating Pilates session. This trip is a great trip for beginner and seasoned Pilates enthusiasts alike.

#### Trip Cost: Student = \$25 (\$35 for non-students)

Includes: transportation, equipment, instruction, and lunch.

**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 as long as 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: Monday, March 16<sup>th</sup>

#### 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 7:00AM on Sunday, March 29<sup>th</sup> at Outdoor Adventures
- 2) You must be comfortable hiking up to 6 miles during the day, which may include hiking along steep and uneven terrain, while carrying a small backpack with personal items and group items.

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):

Sunday, March 29<sup>th</sup>

- Meet at Outdoor Adventures by 7:00AM (participants must be able to depart at this time).
- After arriving at the trail head, we will do a quick hiking instruction before getting on the trail to summit Stone Mountain
- After reaching the summit, we will break for lunch before hiking back down to the vehicle.
- Return to campus around 5:30PM, 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
- Baseball Cap or Wide-brim Hat
- Warm Gloves
- Hiking Socks: wool hiking style are highly recommended, great for comfort and blister prevention
- Hiking Boots/Shoes: broken in hiking boots or athletic shoes with good foot support—no sandals or crocs of any kind while hiking!

### Upper Body

- Hiking Shirt: short or long sleeve, quick-dry material required—no cotton!
- \*Jacket: appropriate for temperatures during the trip (this could be fleece, down, or similar insulating material).
- \*Rain Jacket: must be high quality material and have a hood

### Lower Body

- Hiking Pants/Shorts: for optimal comfort you will want hiking specific shorts or pants, quick-dry material is ideal
- \*Rain Pants: must be a high-quality material if bringing your own

### Personal Items

- Sunscreen: 30+ SPF (Spray Sunscreen is not recommended)
- Lip Balm (with SPF recommended)
- Sunglasses: We recommend you bring a keeper strap for these
- 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)
- Daypack: small backpack to carry group gear, food, extra layers, water, etc. during the hike
- \*Yoga Mat

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