Adopt-A-Stream
Buffalo Creek, Greensboro, NC
Friday, November 5th

Trip Description:
Buffalo Creek spans much of the Greensboro Metropolitan area and primarily functions as a means for channeling storm water throughout the city. Unfortunately, storm water brings unsightly and potentially contaminating debris into the creek. Outdoor Adventures is proud to take on the task of “adopting” this stream and greatly appreciates you joining us to make a difference in our community as well as communities located downstream of Guilford County!

Trip Cost: FREE
Includes: transportation, equipment, instruction.

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 1:30PM on Friday, November 5th.
2) You must be able to stay with the group for the whole event, ride with us to the location, and depart at the same time as the rest of the group.

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, November 5th:
• Meet at Outdoor Adventures by 1:30PM (participants must be able to depart at this time).
• Arrive at Buffalo Creek (10-minute drive). Starting cleaning it up!
• Return to campus around or before 5:00PM, 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-Tr 11-9PM, F 11-8PM, and S-S 1-6PM.

Phone: 336-334-4033 Email: uncg_oa@uncg.edu Web: 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 (if weather permits)
□ Baseball Cap or Wide-brim Hat
□ Footwear: boots, old sneakers, and rubber rain boots all work well. NO sandals or open-toed shoes permitted!

Upper Body
□ Short or long sleeve shirt that can potentially get wet & dirty
□ *Jacket: appropriate for temperatures during the trip (this could be fleece, down, similar insulation material).
□ *Rain Jacket: must be high quality material and have a hood

Lower Body
□ Long pants that can potentially get wet & dirty

Personal Items
□ Sunscreen: 30+ SPF (Spray Sunscreen is not recommended)
□ Lip Balm
□ Sunglasses: We recommend you bring a keeper strap for these
□ Personal medications: prescription drugs must be on your health form
□ Personal medical insurance card (required)
□ Water bottle: quart size (required)
□ Menstrual products
□ Backpack: optional, but useful to keep water and other personal items with you
□ Towel (dependent on weather and stream level)