



Greetings from UNCG Outdoor Adventures!

The Spartan Outdoor Orientation Program (SOOP) is sponsored by UNCG Outdoor Adventures, the outdoor education and recreation program within the Department of Recreation & Wellness. SOOP is a unique program designed for first-year students at UNCG. We utilize adventure and outdoor recreation experiences to assist new students in bridging the gap from high school to college while building a strong community with fellow first-year students. Previous experience is NOT required for any of the programs, so this is a perfect opportunity to try something new! Please read through the following information to learn more about the different programs, costs, and how to register. We hope you will consider this wonderful opportunity to explore the outdoors and establish a community with fellow first-year students!

What are the benefits of attending SOOP as a first-year student?

- **Gain a sense of community at UNCG**

Through your experience with a group of new students, it is our hope that you will begin to develop a sense of belonging to the UNCG community. In addition, you will be able to learn more about life as a student from your student trip leaders who will be able to offer boundless information and tips to help you succeed in college.

- **Establish friendships and support networks**

We know college is a big transition and having support and friends can help with settling into a new environment. SOOP will provide a great opportunity to spend an extended amount of time with fellow incoming first-year students.

- **Outdoor skills**

All our programs will teach outdoor skills at varying levels. Whether you are learning to kayak to a barrier island; or learning to pack your backpack for a multi-day journey on the Art Loeb; our experienced trip leaders will teach you all the necessary skills to live and explore in the outdoors safely and comfortably!

- **Environmental awareness**

All of our programs aim to increase the awareness and appreciation for our natural world. We will teach and expect all participants to practice Leave No Trace environmental ethics throughout each program. We will provide educational lessons along the way that focus on how to enjoy the outdoors in a way that promotes environmental stewardship.

How to Register:

- 1) Complete the registration packet for the program you are interested in joining. Registration packets are located at: recwell.uncg.edu/oa/soop
- 2) Mail, Fax, or Scan and Email ALL completed Registration Paperwork to:

Fax: 336-256-1026

Phone: 336-334-5931 (to pay by phone)

Email: uncg_oa@uncg.edu

Mailing Address:

UNCG Recreation & Wellness

c/o Outdoor Adventures

P.O. Box 26170

Greensboro, NC 27402

- 3) Once we have received and confirmed your registration we will email you a Welcome Packet that contains important documents that will help your plan and prepare for your program.

Island Kayak & Sail

Sea Kayaking & Sailing

July 8-14, 2018

The Island Kayak and Sailing trip will take us on an adventure to Cape Lookout National Seashore with everything we need stowed neatly in our boats for the week. We will be camping on several islands, only accessible by boat, and enjoying the sunshine, ocean, and wild horses. Cape Lookout National Seashore is located just off the coast of North Carolina and is home to a historic village, a lighthouse, wildlife, and of course: beautiful beaches. After we finish our days of paddling, we will relax on a sail boat where we will enjoy lunch from a local deli and the ocean breeze.

Trip Itinerary:

- July 8th: Arrive at campus in the early evening, group activities, pre-trip meeting, and camping at Piney Lake!
- July 9th-12th: We depart for the coast and spend these days paddling, exploring, and camping in new locations each day.
- July 13th: Paddle back to shore and begin our sailing adventure back to the islands!
- July 14th: Pack up and return to UNCG in the early afternoon—say our goodbyes and look forward to the year ahead!

Cost: \$220.00

Cost Includes:

- ✓ Transportation
- ✓ Meals (excluding 2 meals on the road)
- ✓ Equipment: tents, sleeping bags, etc.
- ✓ Camping and activity fees

Camping Accommodations:

During the Island Kayak and Sailing trip, you will be tent camping each night with fellow group members. While island camping there are no modern restroom or shower facilities, therefore, you will be taught techniques to properly take care of personal hygiene while in a backcountry setting. During the first and last night, we will be at campgrounds with restrooms and shower facilities.

Physical Exertion: MODERATE to HIGH

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 do not hesitate to ask.

Some of the physical expectations for this program include, but are not limited to:

- Ability to kayak 5-8 miles per day in warm weather—wind, tides, and currents may also pose additional challenges while kayaking.
- Ability to swim—Personal Flotation Devices (PFD) will be worn at all times on the water, however, participants must still be capable of swimming.

Registration Deadlines: Friday, June 29th

**Program is limited to 10 participants*