Fall Break Sea Kayaking
North Carolina Coast
Friday, October 7th – Tuesday, October 11th, 2022

Trip Description: On this exciting fall break kayak adventure we will take you to the beautiful coastal waterways of North Carolina. We will spend our days kayaking many different locations along this scenic stretch of barrier islands. During our kayaking excursion we will be sure to catch a glimpse of some coastal wildlife—gulls, herons, pelicans, and possibly some dolphins! Our nights will be spent in our mainland base camp within the Croatan National Forest where we will relax by the campfire, enjoy delicious meals, and camp in tents beneath the stars.

Trip Cost: Student = $110 ($120 for non-students)
Includes: transportation, equipment, instruction, and meals (excluding meals on the road on overnight trips)

Cancellation & Refund Policy:
You must cancel 10 BUSINESS DAYS PRIOR to trip departure date to receive a refund less 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.

Cancellation Deadline for Partial Refund: Friday, September 23rd

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 1:00pm on Friday, October 7th.
2) Attend the mandatory Pre-Trip Meeting: Tuesday, October 5th at 6:00 PM in Outdoor Adventures
3) There is a strong likelihood of capsizing, “flipping”, in a kayak while in the water. Therefore, you are REQUIRED to pass our Water Comfort Assessment. Failure to pass will result in being dropped from the trip. We will make our way to the pool immediately following the pre-trip meeting to complete the assessment, therefore it is important that you bring swimming attire and a towel with you to the pre-trip meeting. The assessment includes the following:
   a. Successfully complete a wet-exit (procedure for safely exiting a kayak if capsized).
   b. Successfully tread water continuously for 3 minutes.
   c. Successfully swim 2 laps (down and back once) of the 25 yard pool with any stroke.
4) You must have good swimming ability. You will be wearing a personal floatation device, but being able to swim is still VERY important
5) You must be comfortable kayaking for up to 7 miles per day.

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, October 7th:
- Meet at Outdoor Adventures at 1:00 PM (participants must be able to depart at this time).
- We will depart for the coast, stopping for dinner on the way, and once at camp we will rest up for the exciting day of paddling ahead of us.

October 8th-10th:
- We will head out on paddling trips to various locations each day and come back to camp at the end of the day for dinner and relaxation!

October 11th:
- We will pack up camp in the morning and depart for UNCG.
- Return to campus around 3:00 PM, 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-F 12-9 PM, S-S 1-6PM. Phone: 336-334-4033 Email: uncg_oa@uncg.edu Web: recwell.uncg.edu/oa
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### 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
- Camp Shoes: Crocs, Tevas, Keens, Chacos or similar sport sandals (must have straps), or sneakers. NO flip-flops!
- Camp Socks: a clean pair that you have to change into and to keep your feet warm at night
- *Water shoes: ours are neoprene and made for paddling, athletic shoes or sport sandals will also work—no flip flops!*

#### Upper Body
- 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
- Camp Shirt: clean shirt to change into once arriving at camp
- *Paddling Top: short or long sleeve, quick-dry material required—no cotton!
- *Paddling Jacket: functions like rain jacket, keeps you dry & warm while on the water (distributed if weather permits)

#### Lower Body
- *Rain Pants: must be a high quality material if bringing your own
- Camp Pants: long pants for lounging around the campsite and to keep warm at night (lightweight material preferred)
- Underwear
- Paddling Bottoms: board shorts or swim suit bottoms with shorts worn over top—no cotton!
- *Paddling Pants: functions like a rain pant, keeps you dry while on the water (distributed if weather permits)

#### Personal Items
- Sunscreen: 30+ SPF
- Lip Balm
- 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)
- Feminine hygiene products
- *Water bottle: quart size (required)
- Toiletries: contacts/solution (bring an extra set), toothpaste, tooth brush, etc. (travel sizes are best)
- Hand sanitizer
- Insect repellant
- Small backpack or duffel bag: to keep your personal items/clothing in while traveling (nothing too big)
- Book/journal: for the vehicle or down time on the trip
- Travel pillow: emphasis on travel size, not your bed pillow (optional)
- Money: food on the road and/or possible souvenirs—bring some money in cash
- (3) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- *Headlamp: you must provide batteries
- Towel: always appreciated when changing out of damp outer layers
- Plastic bag: to transport your wet clothes at the end of the trip (optional)