# Friday Afternoon Stand-Up Paddleboarding  
**Lake Brandt, Greensboro**  
**Friday, April 22nd**

## Trip Description:
Spend your Friday afternoon with us as we venture out to one of Greensboro’s local lakes for some Stand-Up Paddleboarding and enjoy fresh air. Once you get comfortable on the board and feel stable, we will begin our short journey paddling around the lake and enjoy the cooling temperatures on our way back in. We will have plenty of time for you to learn how to properly paddle and even give some time for everyone to relax. This trip is perfect for anyone who loves water and wants to escape school for just a few hours on a Friday.

## Trip Cost: Student = $10 ($20 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.

## Cancellation Deadline for Partial Refund: Monday, April 11th

## Requirements to Participate:
The following items 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, April 22nd  
2) You must have good swimming ability. You will be wearing a personal flotation device, but being able to swim is still VERY important

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, April 22nd:**
- Meet at Outdoor Adventures by 1:30PM (participants must be able to depart at this time).  
- Arrive at Lake Brandt (15-minute drive). Learn how to paddle. Get on the water and paddle!  
- Return to campus around 6:00PM, 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**
- Baseball Cap or Wide-brim Hat
- *Water shoes: Can be Chaco’s, Sport Sandals, Sneakers, etc. – no flipflops! Must have back strap to avoid losing them in the water.*

**Upper Body**
- *Jacket: appropriate for temperatures during the trip (this could be fleece, down, or similar insulating material).*
- *Paddling Top: short or long sleeve, quick dry material required—no cotton!*
- *Paddling Jacket: functions like a rain jacket, keeps you dry & warm while on the water (distributed if weather permits)*

**Lower Body**
- Paddling Bottoms: board shorts or swimsuit 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 (Spray Sunscreen is not recommended)
- Lip Balm
- Sunglasses: We recommend you bring a keeper strap for these
- Camera: protective case and a keeper strap are highly recommended (optional)
- Personal medications: *prescription drugs must be on your health form*
- Personal medical insurance card (required)
- Water bottle: quart size (required)
- Towel: always appreciated when changing out of damp outer layers
- Plastic Bag: transport your wet clothes at the end of the trip (optional)
- Feminine hygiene products