

# Fall Break Coastal Exploration

## North Carolina Coast

### Friday, October 11<sup>th</sup> – Tuesday, October 15<sup>th</sup>



#### Trip Description:

Let Outdoor Adventures take you on a perfect Fall Break to explore the coast of North Carolina. We will kayak along picturesque coastlines, hike scenic trails, and, of course, will have enough time to swim, sunbathe, and relax on the beach. Explore historical sites like Cape Lookout Lighthouse and encounter wildlife including wild horses in their natural habitat. Each night we will return to our campsite to have delicious dinner and spend some down time with your new friends!

#### Trip Cost: Student = \$160 (\$170 for non-students)

Includes: transportation, equipment, instruction, and meals excluding those on the road.

**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: Friday, September 27<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) Attend the mandatory Pre-Trip Meeting: Wednesday, October 9<sup>th</sup> @ 6:00 PM in Outdoor Adventures
- 2) You must be able to depart by 3:00PM on Friday, October 11<sup>th</sup> at Outdoor Adventures
- 3) There is a strong likelihood of capsizing, "flipping", in a kayak while on 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 all of 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 be comfortable kayaking for up to 9 miles per day.
- 5) Previous kayaking experience is recommended, but not required.
- 6) You must be comfortable hiking up to 5 miles during the day, which may include hiking along steep and uneven terrain, while carrying a small backpack with personal items and group items.
- 7) A wilderness experience involves sleeping in tents.

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 11<sup>th</sup>:

- Meet at Outdoor Adventures by 3:00PM (participants must be able to depart at this time), drive to the coast, and check in our campsite.

##### Saturday, October 12<sup>th</sup> – Sunday, October 13<sup>th</sup>:

- After eating breakfast at the campsite, we will kayak couple paddling trails including a paddle to Cape Lookout to explore the coast.
- We will take multiple breaks including a longer lunch break.
- After a full day of paddling, we will return to our campsite to have dinner and rest to get ready for tomorrow's new adventure!

##### Monday, October 14<sup>th</sup>:

- We will enjoy our last full day on the coast by spending it on the beach!

##### Tuesday, October 15<sup>th</sup>:

- After eating breakfast and breaking down our camp, we will go on a short hike to enjoy the coastal environment a little more.
- Return to campus around 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-Th 12PM-9PM, F 12PM-8PM, and S-S 1PM-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
- Baseball Cap or Wide-brim Hat
- Warm Gloves
- \*Water shoes: ours are neoprene and made for paddling, athletic shoes or sport sandals will also work – no flip flops!
- 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
- Shower shoes: to use them while taking a shower. Camp shoes can work
- 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 of any kind while hiking!

### Upper Body

- Camp Shirt(s): clean shirt to change into once arriving at camp
- Hiking Shirt: short or long sleeve, quick-dry material required—no cotton!
- \*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)
- \*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

- Camp Pants: long pants for lounging around the campsite and to keep warm at night (lightweight material preferred)
- Underwear
- Hiking Pants/Shorts: for optimal comfort you will want hiking specific shorts or pants, quick-dry material is ideal
- Swimsuit: Something comfortable to wear while swimming (this cannot be cotton)
- 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)
- \*Rain Pants: must be a high quality material if bringing your own

### Personal Items

- Sunscreen: 30+ SPF (Spray Sunscreen is NOT permitted, bring lotion/cream)
- Lip Balm: lip balm containing SPF is highly 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)
- Toiletries: contacts/solution (bring an extra set), toothpaste, tooth brush, etc. (travel sizes are best)
- Hand sanitizer
- Insect repellent
- Book/Journal: for the vehicle or down time on the trip
- Travel pillow: travel size, not your bed pillow (optional)
- Money: food on the road and/or possible souvenirs—bring some money in cash
- \*Headlamp: you must provide batteries
- (3) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- Beach & Shower towel: there will be showers at our campsite
- Small backpack or duffel bag: to keep your personal items/clothing in while traveling (nothing too big)
- Daypack: small backpack to carry extra layers, water, etc. during the hike and beach day. Must be separate from your travel bag!
- Plastic bag: to transport your wet clothes at the end of the trip (optional)

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