

River Canoeing

Mayo River State Park, NC

Saturday, September 28th



Trip Description:

Spend your Saturday with us as we venture out to one of our local rivers for some canoeing, fresh air, and beautiful landscape. This trip takes us to the beautiful Mayo River for a relaxing day of canoeing. We will teach you all the paddling strokes you need and help you get comfortable on the water before we make our way to a picnic area for a water-side lunch. After enjoying a well-deserved rest, we will hop back into our boats and finish out our paddle.

Trip Cost: Student = \$35 (\$45 for non-students)

Includes: transportation, equipment, instruction, and lunch.

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: Monday, September 16th

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 8:00AM on Saturday, September 28th at Outdoor Adventures
- 2) You must have good swimming ability. You will be wearing a personal floatation device, but being able to swim is still VERY important
- 3) You must be comfortable canoeing for 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):

Saturday, September 28th:

- Meet at Outdoor Adventures by 8:00AM (participants must be able to depart at this time).
- After arriving at the Mayo River State Park, we will unpack gear and conduct on-land instruction before getting on the water.
- We will paddle to our lunch site, taking in the views and getting to know each other. After lunch, we will continue to paddle before making our way back to the van.
- 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-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!

Upper Body

- *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).

Lower Body

- 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 (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)
- Towel: always appreciated when changing out of damp outer layers
- Plastic bag: to transport your wet clothes at the end of the trip (optional)
- Dry clothes to change into after paddling

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