

Suwannee River Canoeing and Snorkeling

Suwannee River, FL

Saturday, March 2nd – Thursday, March 7th



Trip Description:

While winter in Greensboro is just coming to an end, we are inviting you to spend this Spring Break canoeing down the Suwannee River and enjoying the warm Florida climate. The Suwannee River is the largest watershed in Florida with the highest concentration of freshwater springs in the world. We will immerse ourselves in nature and witness diverse flora and fauna like alligators, manatees, turtles, egrets, azaleas, lilies, and much more! We will load our canoes with everything we need for the trip and journey from campsite to campsite, making ourselves at home every night and cooking delicious meals. We will end our trip by snorkeling in the Devil's Den, offering a glimpse into Florida's aquatic wonders, and will return on campus refreshed and just on time to get ready for the rest of the semester.

Trip Cost: Student = \$260 (\$270 for non-students)

Includes: transportation, equipment, instruction, and meals excluding those on the road.
A \$130 deposit can be paid at registration. Final balance is due by Monday, February 26th.

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, February 19th

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 6:00AM on Saturday, March 2nd
- 2) Attend the mandatory Pre-Trip Meeting: Wednesday, February 28th @ 5:30 PM in the Kaplan Center Conference Room.
- 3) There is a strong likelihood of capsizing, "flipping", in a canoe while on the river. 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 tread water continuously for 3 minutes.
 - b) 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 canoeing up to 9 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, March 2nd:

- Meet at Outdoor Adventures by 6:00AM and depart for Florida, arriving at the campground by 6:00PM and stopping for meals on the way.

Sunday, March 3rd – Tuesday, March 5th:

- Load our canoes and do some instruction before starting our journey. Each day we will wake up, break down camp and eat breakfast before getting on the river to paddle to our next campsite. We will be carrying everything in our boats with us and be sure to stop along the way for lunch.

Wednesday, March 6th:

- After canoeing last couple miles down the Suwannee river, we will load our stuff on the bus and drive to the camp for the night.

Thursday, March 7th:

- Finishing our trip with snorkeling at the Devil's Den we will depart back to campus.
- Return to campus around 8:00PM, 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
- ☐ 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

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

- ☐ 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)
- ☐ Camp Pants: long pants for lounging around the campsite and to keep warm at night (lightweight material preferred)
- ☐ Underwear
- ☐ *Rain Pants: must be a high quality material if bringing your own

Personal Items

- ☐ Sunscreen: 30+ SPF (NO Spray sunscreen is allowed, bring lotion/cream)
- ☐ Lip Balm (with SPF 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)
- ☐ Toiletries: contacts/solution (bring an extra set), toothpaste, tooth brush, etc. (travel sizes are best)
- ☐ Menstrual products
- ☐ Hand sanitizer
- ☐ Insect repellent
- ☐ 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: travel size, not your bed pillow (optional)
- ☐ Money: food on the road and/or possible souvenirs—bring some money in cash
- ☐ Towel: always appreciated when changing out of damp outer layers
- ☐ Plastic bag: to transport your wet clothes at the end of the trip (optional)
- ☐ (3) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- ☐ *Headlamp: you must provide batteries
- ☐ *Water bottle: quart size (required)
- ☐ Dry clothes to change into after paddling

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