

Florida Everglades Sea Kayaking

Southwest Florida

Saturday, March 7 – Saturday, March 14



Trip Description:

This Spring Break trip will take you on the adventure of a lifetime! Our paddling locations will include islands in the Gulf of Mexico, mangrove swamps, a spring-fed, crystal-clear river with monkeys swinging from the trees overhead, and a manatee sanctuary. Other wildlife sightings may include alligators, dolphins, egrets, armadillos, Florida panthers, and much more! The highlights of this trip extend beyond the amazing wildlife and so get ready for warm weather, water, swimming, unforgettable sunsets, and the excellent company that is standard on any Outdoor Adventures trip.

Trip Cost: Student = \$300 (\$310 for non-students)

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

A \$150 (\$155) deposit can be paid at registration. The final balance is due by Wednesday, March 4th.

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 if transferring 10 business days or more prior to trip departure.

Cancellation Deadline for Partial Refund: Monday, February 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 4:00 AM on Saturday, March 7
- 2) Attend the mandatory Pre-Trip Meeting: Wednesday, March 4 @ 6:00PM 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 without a refund. If you're concerned you will fail, you can speak to our Assistant Director to set up an alternative time for your Water Comfort Assessment. 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 flotation device, but being able to swim is still VERY important.
- 5) Previous kayaking experience is recommended but not required.
- 6) You must be comfortable kayaking 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, March 7:

- Arrive at Outdoor Adventures by 4:00 AM and depart for SW Florida, arriving at the campground by 10:30 PM and stopping for meals on the way.

Sunday, March 8 – Thursday, March 12:

- Load boats and do some instruction before heading out to our first island. The next few days will be spent kayaking to and setting up camp on different islands, carrying our belongings in our boats. On Thursday we will depart our final island for shore, load the vehicle, and begin the drive to Ocala with a stop for groceries and lunch on the way there.

Friday, March 13:

- We will wake up and depart for a crystal clear spring-fed river, where we will paddle alongside turtles, alligators, birds and if we're lucky: monkeys & manatees!

Saturday, March 14:

- Bright and early, at 5:30AM, we will be heading back to UNCG, anticipating arriving at home by 7:00PM and stopping for meals on the way.

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 (Northern Florida temperatures can get low)
- ☐ Baseball Cap or Wide-brim Hat
- ☐ Warm Gloves
- ☐ Camp Shoes: Crocs, Tevas, Keens, Chacos or similar sport sandals (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 (Spray Sunscreen is NOT permitted, 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)
- ☐ Menstrual products
- ☐ *Water bottle: quart size (required)
- ☐ Toiletries: contacts/solution (bring an extra set), toothpaste, tooth brush, etc. (travel size)
- ☐ 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: 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
- ☐ Dry clothes to change into after paddling
- ☐ Plastic bag: to transport your wet clothes at the end of the trip (optional)
- ☐ Baby powder (helpful for getting sand off your feet)

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