

Georgia Waterfall Exploration

Georgia

Saturday, March 2nd – Wednesday, March 6th



Trip Description:

Georgia calls you to explore its section of Blue Ridge Mountains and its wide variety of waterfalls. You have a great opportunity to do it with our amazing leadership team and like-minded people from UNCG community. We will hike various trails stopping on the way to enjoy scenic views, explore waterfalls, and observe Georgian's wildlife. After each day of hiking, we will return to our campsite to eat delicious dinner and to get to know your peers more. Halfway thru the trip we will move from Cloudland Canyon State Park area to Gorges State Park to explore even more!

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

Includes: transportation, equipment, instruction, and meals excluding those on the road.
A \$80 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) Attend the mandatory Pre-Trip Meeting: Wednesday, February 28th @ 6:00PM in Kaplan Conference Room.
- 2) You must be able to depart by 7:00AM on Saturday, March 2nd
- 3) You must have broken in hiking boots with proper ankle support for this trip! **Please bring these to the pre-trip meeting to be inspected by the trip leaders.**
- 4) You must be comfortable hiking up to 6 miles during the day, which may include hiking along steep and uneven terrain, while carrying a small backpack with personal items and group items.

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 7:00AM (participants must be able to depart at this time) and drive to Cloudland Canyon State Park.
- Eat lunch and do some hiking. Return to camp for dinner and for a group hangout time.

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

- Spend the next couple days exploring trails, waterfalls, and landscapes in different locations within Cloudland Canyon State Park and Gorges State Park areas. On Monday we will switch our campsites to be able to explore even more!

Wednesday, March 6th

- On Wednesday we are going to break down our camp, do a final hike, and depart back to campus.
- 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
- ☐ 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!
- ☐ 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

Upper Body

- ☐ Hiking Shirt: 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

- ☐ Hiking Pants/Shorts: for optimal comfort you will want hiking specific shorts or pants, quick-dry material is ideal
- ☐ 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 (Spray Sunscreen is not recommended)
- ☐ Lip Balm
- ☐ 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)
- ☐ Daypack: small backpack to carry extra layers, water, etc. during the hike
- ☐ Toiletries: contacts/solution (bring an extra set), toothpaste, tooth brush, etc. (travel sizes are best)
- ☐ 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
- ☐ *Headlamp: you must provide batteries
- ☐ (3) AAA batteries: if borrowing one of our headlamps, you cannot forget these!

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