

# SPCA Dog Hike

## Piney Lake, UNCG

### Friday, April 12<sup>th</sup>



#### Trip Description:

Do you love dogs? You can spend your Friday with us as we venture out to Piney Lake for a nice hike while spending the time with some great pups from the local SPCA shelter. Come out and enjoy the fresh air, spend time exploring the natural world around you, and providing a great opportunity for these dogs! There will be plenty of time for everyone to relax. This trip is perfect for anyone who loves appreciating the outdoors, self-care, and wanting to escape school for a few hours on a Friday.

#### Trip Cost: Student = \$10 (\$20 for non-students)

Includes: transportation, equipment, instruction.

**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: Thursday, March 21<sup>st</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) You must be able to depart by 1:30PM on Friday, April 12<sup>th</sup>
- 2) Bring a donation item for SPCA organization.

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, April 12<sup>th</sup>:

- Meet at Outdoor Adventures by 1:30PM (participants must be able to depart at this time).
- Arrive at Piney Lake (15-minute drive). Meet the rescue dogs and take them on a hike!
- 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](mailto:uncg_oa@uncg.edu) Web: [recwell.uncg.edu/oa](http://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 (if weather permits)
- ☐ Baseball Cap or Wide-brim Hat
- ☐ Shoes: Athletic footwear, (sneakers, boots), No sandals or open-toed shoes permitted

### Upper Body

- ☐ Hiking/Athletic shirt: comfortable for the hike
- ☐ \*Jacket: appropriate for temperatures during the trip (this could be fleece, down, or similar insulating material).

### Personal Items

- ☐ Snacks (food will not be provided)
- ☐ 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)
- ☐ Backpack: Small backpack to keep any items you would like with you

### Donation item for the SPCA Shelter:

- ☐ Dog or Cat Treats
- ☐ Cat or Dog pill pockets
- ☐ Dog Leashes (non-retractable)
- ☐ Cat litter
- ☐ Purina Puppy Chow Dry Food
- ☐ Dry dog food (with no dyes) or Cat Food (Purina Cat Chow)
- ☐ Toilet Paper
- ☐ Paper Towels
- ☐ Mop or Broom
- ☐ Canned dog food (Alpo Gravy Train or Pedigree Chicken and Rice)
- ☐ Canned Cat food (Fancy Feast, Friskies, Or Nutro)
- ☐ Laundry detergent
- ☐ Sponges
- ☐ Dish Detergent
- ☐ 55 or 35 Gallon trash bags
- ☐ Copy paper
- ☐ New or gently used towels and blankets

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](mailto:uncg_oa@uncg.edu) Web: [recwell.uncg.edu/oa](http://recwell.uncg.edu/oa)