

Friday Afternoon Paddleboarding

Lake Brandt, Greensboro

Friday, September 13th



Trip Description:

Spend your Friday Afternoon paddling around one of Greensboro's local lakes. After a quick paddleboarding lesson, we will begin our adventure and add in some games once we get comfortable on our boards. Keep your eyes peeled for the wildlife on the lake, and if you are feeling up to it test your balance with headstands and other tricks!

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

Includes: transportation, equipment, instruction, and snacks.

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: Friday, August 30th

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, September 13th 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

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, September 13th:

- Meet at Outdoor Adventures by 1:30PM (participants must be able to depart at this time).
- Arrive at Lake Brandt (15-minute drive). Paddling instruction. Get on the water and paddle!
- Return to campus around 7:00PM, 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

- Baseball Cap or Wide-brim Hat
- *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).
- *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!

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

- Snacks
- 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)

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