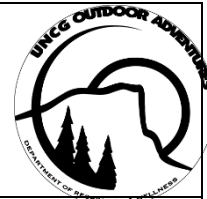


# Sunset Canoeing Belews Lake, NC Monday, April 22<sup>nd</sup>



## Trip Description:

Spend your Monday night with us as go out to Belews Lake for canoeing at the sunset. Once you get comfortable in the canoe, we will begin our peaceful journey around the lake and make some meaningful memories along the way. We will have plenty of time for you to learn how to properly canoe and even give some time for everyone to relax. This trip is perfect for anyone who loves water and wants to escape school for just a few hours on a Monday night.

## 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: Monday, April 8<sup>th</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 5:30PM on Monday, April, 22<sup>nd</sup>
- 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):

### Monday, April 22<sup>nd</sup>:

- Meet at Outdoor Adventures by 5:30PM (participants must be able to depart at this time).
- We will provide you with some equipment and load up the vehicle for our drive to the lake.
- Once we arrive at the lake we will learn how to canoe before we hop on the water for a calm paddle.
- Explore the lake, hangout, and enjoy the sunset.
- Return to campus around 10:00PM, 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
- ☐ Baseball Cap or Wide-brim Hat
- ☐ Warm Gloves
- ☐ \*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!
- ☐ \*Jacket: appropriate for temperatures during the trip (this could be fleece, down, or similar insulating material).

### Lower Body

- ☐ Paddling Bottoms: athletic pants, board shorts or swimsuit 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

- ☐ 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)
- ☐ Small backpack or duffel bag: to keep your personal items/clothing in while traveling (nothing too big)
- ☐ Towel: always appreciated when changing out of damp outer layers
- ☐ (3) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- ☐ \*Headlamp: you must provide batteries
- ☐ Menstrual products
- ☐ \*Water bottle: quart size (required)

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