

# Surfing

## Wilmington Area, NC

### Friday, May 1 – Sunday, May 3



#### Trip Description:

Start this Summer Break soaking in the sun and catching waves surfing at Wrightsville Beach! This trip requires no previous surfing experience, we'll help you ride your first wave. Every day we will eat breakfast at our campsite and depart for the beach to spend the whole day catching waves, playing in the water, and sunbathing. We will return to the campsite to eat a delicious dinner, sit by the campfire, and rest before the next day of surfing! Join us this weekend for adventures, ocean waves, new friends, and great food.

#### Trip Cost: Student = \$120 (\$130 for non-students)

Includes: Transportation, equipment, instruction, permits, and meals. Meals on the road during travel are *not* included.

A \$50 (\$55) deposit can be paid at registration. The final balance is due by Monday, April 27<sup>th</sup>

**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: Friday, April 17<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 attend the pre-trip meeting on Wednesday, April 29<sup>th</sup> @ 6:00PM in Outdoor Adventures.
- 2) You must be able to depart by 6:00AM on Friday, May 1<sup>st</sup>
- 3) You must have good swimming ability.
- 4) Because we will be in the ocean surfing, you are REQUIRED to pass our Water Comfort Assessment. Failure to pass will result in being dropped from the trip. 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 tread water continuously for 3 minutes.
  - b) Successfully swim 2 laps (down and back once) of the 25-yard pool with any stroke.

Outdoor Adventures trips are human powered and adventure-based; therefore, you should expect some level of physical exertion from all 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 to.
- 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, May 1:

- Meet at Outdoor Adventures by 6:00AM (participants must be able to depart at this time).
- We will pack up the vehicles and drive down to Fort Fisher State Park
- Upon arrival we will take our surfboards, begin instructions, and try to catch the first wave!
- In the evening, we will head to Carolina Beach State Park and set up our camp and enjoy dinner.

##### Saturday, May 2:

- We will wake up and go to Wrightsville Beach to spend the whole day catching as many waves as we can.
- We will be taking breaks to eat lunch and soak in the sun
- After a fun day, we will head back to our camp, relax, and have a delicious dinner.

##### Sunday, May 3:

- We will wake up, eat breakfast, and break down camp.
- We will spend a couple of hours at the beach catching out the last waves and after lunch will head back to UNCG.
- Return to campus around 4:00PM, 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 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

- Baseball Cap or Wide-brim Hat
- Camp Socks: a clean pair that you have to change into and to keep your feet warm at night
- Camp Shoes: Sneakers, athletic sandals with a heel strap (NO flip flops or slip on shoes without a back are permitted)

### Upper Body

- Camp Top: Shirt to change into once we return to camp (this can be cotton)
- Swim Top: Dry Fit material top that can be worn while in the ocean surfing (not cotton!) to protect your body from the sun & surfboard
- \*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

- Swim bottoms: trunks, or bathing suit bottoms you will be comfortable surfing in
- Camp bottoms: 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 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 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: 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 (two towels is ideal)
- Plastic bag: to transport your wet clothes at the end of the trip (optional)
- Beach bag: to bring items to and from the beach

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