Raft & Hike
Nolichucky River, Tennessee
Saturday, April 9th - Sunday, April 10th

Trip Description:
This multi-adventure, multi-day trip brings us to Tennessee for a scenic hike alongside a river to a waterfall on day one. After we finish our hike, complete with a waterfall side lunch, we will head to the rafting outpost where we will set up a riverside camp for the night. After a delicious dinner, we will relax and fall asleep to the rushing Nolichucky next to us. In the morning, we’ll wake up and enjoy breakfast before hopping onto the river for trip down the Nolichucky River with lunch on the side of the river. A perfect hiking and rafting weekend for beginners or experts looking to get away for the weekend.

Trip Cost: Student = $165 ($175 for non-students)
Includes: transportation, equipment, instruction, and meals (excluding meals on the road)

Cancellation & Refund Policy: You must cancel 10 BUSINESS DAYS PRIOR to trip departure date to receive a refund less 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.

Cancellation Deadline for Partial Refund: Monday, March 28th

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 6th at 6:00PM in Outdoor Adventures
2) You must be able to depart by 6:00AM on Saturday, April 9th
3) You must have good swimming ability. You will be wearing a personal floatation device, but being able to swim is still VERY important
4) You must be comfortable hiking up to 7 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, April 9th:
- Meet at Outdoor Adventures by 6:00AM (participants must be able to depart at this time)
- We will load into the vehicle and drive to the Laurel Falls trailhead in Tennessee to begin our hike
- We will hike along the stream to the waterfall where we will enjoy lunch before heading back to the van
- After the hike, we will drive to USA Raft to set up camp for the night, enjoy dinner, and relax

Sunday, April 10th:
- We will wake up and breakdown our campsites before enjoying breakfast
- USA Raft will outfit us with all the equipment we need for the river, and we’ll head to the boat launch.
- The rafting trip is a full day with lunch along the river, so once we are done, we will change our clothes to begin the journey back to UNCG.
- We will arrive back at UNCG at approximately 7:00PM, de-issue gear, and say goodbye!
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
- *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).
- Camp Shirt: clean shirt to change into once arriving at camp
- Hiking Shirt: short or long sleeve, quick-dry material required—no cotton! (Can be the same as paddling top)
- *Rain Jacket: must be high quality material and have a hood
- *Paddling Top: short or long sleeve, quick-dry material required—no cotton! (Can be the same as hiking top)

### Lower Body
- Camp Pants: long pants for lounging around the campsite and to keep warm at night (lightweight material preferred)
- Underwear
- Paddling Bottoms: board shorts or swim suit bottoms with shorts worn over top—no cotton! (Can be the same as hiking bottoms)
- Hiking Pants/Shorts: for optimal comfort you will want hiking specific shorts or pants, quick-dry material is ideal
- *Rain Pants: must be a high quality material if bringing your own

### Personal Items
- 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
- Sunscreen: 30+ SPF (Spray sunscreen is not recommended, bring lotion/cream)
- 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)
- Towel: always appreciated when changing out of damp outer layers
- Plastic bag: to transport your wet clothes at the end of the trip (optional)
- (3) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- *Headlamp: you must provide batteries
- *Water bottle: quart size (required)