Spring Break Backpacking and Whitewater Rafting
Chattahoochee National Forest, GA
Sunday, March 6th – Saturday March 12th

Trip Description:
Waterfalls, rocky summits, cool nights, and rafting are all highlights on this seven-day backcountry experience. Carry everything you need on your back as we explore Chattahoochee NF, the starting location of the Appalachian Trail. With over 870,000 acres to explore, we will spend spring break covering nearly 30 miles of trail in this beautiful wilderness. We’ll finish off our trip switching from trail to water going whitewater rafting!

Trip Cost: Student = $315 ($325 for non-students)
Includes: transportation, equipment, instruction, and meals (excluding those on the road)

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.

Cancellation Deadline for Partial Refund: Monday, February 21st

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) Attend the mandatory Pre-Trip Meeting: Wednesday, March 2nd @ 6:00 PM in the Kaplan Center Conference room
2) You must be able to depart by 7:00AM on Sunday, March 6th
3) You must have broken in hiking boots with proper ankle support for this trip! Please bring these to the pre-trip meeting to be inspected by the trip leaders.
4) You must be comfortable carrying a backpack with up to 35 pounds of food and other gear as we hike up to 9 miles per day. The areas we hike are mountainous regions and may involve walking through streams and hiking along steep and uneven terrain.
5) A wilderness experience, like backpacking, involves sleeping in tents, using the restroom in the outdoors, and no access to showers.
6) You must have good swimming ability. You will be wearing a personal floatation device but being able to swim is still VERY important. 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):

Sunday, March 6th
• Meet at Outdoor Adventures by 7:00AM (participants must be able to depart at this time).
• After a quick gear check, we will load into the vehicle for our drive to Shenandoah with a stop for early dinner on the way.
• Once we arrive at our campground, we will set up tents and relax for the night.

Monday, March 7th – Thursday, March 10th:
• We will wake up and pack our packs before heading to the trail head where we will begin our hike. For these five days we will be hiking with everything we need on our backs and establishing camp in different locations each night.

Friday, March 11th:
• We will hike back to the vehicle and drive to go Whitewater rafting and set up camp

Saturday, March 12th:
• We will wake up and break down camp then spend the rest of the morning and afternoon rafting
• After rafting we will hop in our vehicle to drive back to campus. 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-Tr 11-9PM, F 11-8, and S-S 1-6PM.
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**
- 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**
- *Hiking Shirt: short or long sleeve, quick-dry material required—no cotton!*
- Camp Shirt: clean shirt to change into once arriving at camp
- *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*
- *Paddling Top: short or long sleeve, quick-dry material required—no cotton! (Can be the same as hiking top)*

**Lower Body**
- Hiking Pants/Shorts: for optimal comfort you will want hiking specific shorts or pants, quick-dry material is ideal
- Camp Pants: 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*
- Paddling Bottoms: board shorts or swim suit bottoms with shorts worn over top—no cotton! (Can be the same as hiking bottoms)

**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 (NO Spray sunscreen is allowed, 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)
- (3) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- *Headlamp: you must provide batteries*
- *Backpack: 80L size minimum required*
- *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)
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-Tr 11-9PM, F 11-8, and S-S 1-6PM.
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