### Friday Afternoon SUP Yoga

**Lake Higgins, Greensboro, NC**  
**Friday, September 10th**

**Trip Description:**
If regular paddleboarding doesn't do it for you, add some yoga to spice things up! Our favorite yoga instructor will be joining us on one of Greensboro’s local lakes and will lead us through a refreshing yoga session on the water. Test out your balance and try something new on this Friday afternoon classic adventure.

**Trip Cost:** Student = $10 (add $10 for non-students)  
Includes: transportation, equipment, instruction.

**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.

**Cancellation Deadline for Transfer of Funds:** Monday, August 8th

**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 1:30 PM on Friday, September 10th.
2) You must have good swimming ability. You will be wearing a personal flotation 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 10th**
- Meet at Outdoor Adventures by 2:00 PM (participants must be able to depart at this time).
- Arrive at Piney Lake (15-minute drive). Learn how to paddle. Get on the water!
- Yoga begins at 4PM, so we will get comfortable and settled before our instructor begins!
- Return to campus around 6:00 PM, 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-F 11AM-9PM and Weekends 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
☐ Baseball Cap or Wide-brim Hat
☐ *Water shoes: Can be Chacos, Sport Sandals, Sneakers, etc. – no flipflops! Must have back strap to avoid losing them in the water.

Upper Body
☐ *Jacket: appropriate for temperatures during the trip (this could be fleece, down, or similar insulating material).
☐ *Paddling Top: short or long sleeve, quick dry material required—no cotton!
☐ *Paddling Jacket: functions like a rain jacket, keeps you dry & warm while on the water (distributed if weather permits)

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 (food will not be provided)
☐ Sunscreen: 30+ SPF (Spray Sunscreen is not recommended)
☐ 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)
☐ Water bottle: quart size (required)
☐ Towel: always appreciated when changing out of damp outer layers
☐ Plastic Bag: transport your wet clothes at the end of the trip (optional)
☐ Feminine hygiene products
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