#### Trip Description:
Join Outdoor Adventures and develop your sea legs on this exciting sailing excursion! Spend your Spring Holiday sailing along the coast of North Carolina getting experience on three different types of sail boats! Learn the basics of sailing from our experienced sailors and help propel your ship into adventure as you cruise into the open ocean. No previous sailing experience required!

#### Trip Cost: Student = $250 ($260 for non-students)
Includes: transportation, equipment, instruction, and all 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 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 4th**

**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 13th at 6:00PM in the Kaplan Center Conference Room
2. You must be able to depart by 6:00AM on Friday, April 15th
3. You must have good swimming ability. You will be wearing a personal flotation device, but being able to swim is 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, April 15th:**
- Meet at Outdoor Adventures by 6:00AM (participants must be able to depart at this time)
- Begin the drive to Bow to Stern, Oriental NC, we will set up camp, then we will be going through an intro sail class and break into groups on small sailboats
- We will return to Bow to Stern each night and sleep in our tents

**Saturday, April 16th:**
- Saturday we will split into two groups and sail to 25-foot boats, each with a skilled sailor.

**Sunday, April 17th:**
- Standup Paddleboard in the morning then leave Bow to Stern by 2:00PM
- Return to campus around 6:00PM, de-issue equipment and say goodbye! (dinner is on the road)

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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 11-8PM, 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**
- [ ] Baseball Cap or Wide-brim Hat and warm hat
- [ ] Sunglasses: we recommend you bring a keeper strap for these
- [ ] Water shoes: athletic shoes or sport sandals will also work—no flip flops!
- [ ] Shoes for the boat
- [ ] Socks
- [ ] Warm gloves

**Upper Body**
- [ ] *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 if bringing your own
- [ ] Comfortable Tops: short or long sleeve shirts, hoodies, sweatshirts, etc.
- [ ] Camp Tops: Dry shirts to change into once off the water

**Lower Body**
- [ ] *Rain Pants: can be used to block the wind or the rain if it does rain (optional)
- [ ] Comfortable bottoms for lounging around on the boat(s) (jeans, sweatpants, etc.)
- [ ] Swimming clothes (weather depending may be possible that we go swimming at a beach or off the boat)
- [ ] Camp Bottoms: Dry bottoms to change into once off the water

**Personal Items**
- [ ] Sunscreen: 30+ SPF
- [ ] Lip Balm
- [ ] Camera: protective case is highly recommended (optional)
- [ ] Personal medications: prescription drugs must be on your health form
- [ ] Personal medical insurance card (required)
- [ ] Feminine hygiene products
- [ ] *Water bottle: quart size (required)
- [ ] Towel: for using after showering
- [ ] Plastic bag: to transport your wet clothes at the end of the trip (optional)
- [ ] Pillow
- [ ] Money for souvenirs and meals on the road
- [ ] Toiletries: contacts/solution (bring an extra set), toothpaste, toothbrush, shower things, etc. (travel sizes are best)
- [ ] Eno Hammock (optional)