Goat Yoga and Meditation  
Hux Family Farm, Durham, NC  
Saturday, September 19th

**Trip Description:**
Yoga and goats, need we say more? Experience yoga like never before surrounded with goats on the Hux Family Farm just a short drive from UNCG. Your Saturday will be spent focusing on mindfulness and yoga, and of course: goats. After we finish yoga and meditation, we will have a farm-side lunch before departing for campus. Don’t worry about bringing your camera, we’ve got staff there specifically to take that perfect, ‘gram-worthy shot for you!

**Trip Cost:** Student = $15 (This trip is for students only)  
Includes: transportation, equipment, instruction, and meals.

**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 as long as it is outside 10 business days from the trip date, no cancellation fee is applied for transfers.

**Cancellation Deadline for Partial Refund:** Tuesday, November 7th

**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 11:30AM on Saturday, September 19th;  
2) You will be on a working farm surrounded by living animals, please consider any allergies that might impact your experience.

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, September 19th:
- Meet at Outdoor Adventures by 11:30AM (participants must be able to depart at this time).
- We will head to Hux Family Farm for a few hours of meditation and yoga, complete with lunch.
- After lunch we will depart for UNCG
- Return to campus around 5:00PM, de-issue equipment and say goodbye!

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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-F 11AM-9PM and Weekends 1-6PM. Phone: 336-334-4033 Email: uncg_oa@uncg.edu Web: recwell.uncg.edu/oa
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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

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

Lower Body
- *Rain Pants: must be a high quality material if bringing your own

Personal Items
- Sunscreen: 30+ SPF
- 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)
- Feminine hygiene products
- *Water bottle: quart size (required)
- *Yoga mat