Whitewater Kayaking
Lower Green River, NC
Friday, September 17th - Sunday, September 19th

Trip Description: An Outdoor Adventures classic, this trip takes you to the Lower section of a well kayaked river in Saluda, North Carolina. This river is paddled by some of the greatest kayakers in the country, so keep your eyes peeled when we take some time to check the other sections out. We begin our trip on Friday, learning the basics of white water kayaking to get you comfortable. On Saturday morning, we will depart for the river and experience some Class I and II rapids. After we finish paddling, we will head back to our campsite for a delicious dinner and some down time. Sunday morning brings us back to the river where we’ll paddle again before heading back to campus.

Trip Cost: Student = $65 (add $10 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 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, September 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) Attend the mandatory Pre-Trip Meeting on Wednesday, September 15th @ 7:00 PM in Outdoor Adventures.
2) You must be able to attend the mandatory Skill Session on Friday, September 17th at 1:00PM.
3) You must be able to depart by 7:00AM on Saturday, September 18th.
4) There is a strong likelihood of capsizing, “flipping”, in a kayak while on the river. Therefore, you are REQUIRED to pass our Water Comfort Assessment. Failure to pass will result in being dropped from the trip. We will make our way to the pool immediately following the pre-trip meeting to complete the assessment, therefore it is important that you bring swimming attire and a towel with you to the pre-trip meeting. The assessment includes the following:
   a) Successfully complete a wet-exit (procedure for safely exiting a kayak if capsized).
   b) Successfully tread water continuously for 3 minutes.
   c) Successfully swim 2 laps (down and back once) of the 25 yard pool with any stroke.
5) You must be comfortable kayaking for up to 8 miles per day.
6) Previous kayaking experience is recommended, but not required.

Outdoors 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 17th:
- Meet at Outdoor Adventures by 1:00PM (participants must be able to depart at this time).
- Spend the afternoon at Madison River Park getting comfortable in your kayak! Then heading back to campus where you will spend the night in your own bed.

Saturday, September 18th:
- Meet at Outdoor Adventures @ 7:00AM (participants must be able to depart at this time) and drive to the Green River. We will eat lunch before getting onto the river for a half day paddle.
- After paddling, we’ll head back to camp for dinner and relaxing.

Sunday, September 19th:
- We’ll wake up, break down camp, and eat breakfast before heading to the boat launch for a longer paddle down the river.
- Once we finish paddling, we’ll pack up and begin our drive back to UNCG with a stop along the way for snacks.
- Return to campus around 8:00PM, 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 Monday-Friday 11-9PM 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
- *Water shoes; ours are neoprene and made for paddling, athletic shoes or sport sandals will also work – NO flip flops!
- 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

Upper Body
- Camp Shirt: clean shirt to change into once arriving at camp
- *Paddling Jacket: functions like rain jacket, keeps you dry & warm while on the water (distributed if weather permits)
- *Paddling Top: short or long sleeve, quick-dry material required—no cotton!
- *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
- 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!
- *Paddling Pants: functions like a rain pant, keeps you dry while on the water (distributed if weather permits)
- *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)
- Feminine hygiene products