Yoga Day Hike  
Stone Mountain, NC  
Saturday, October 16th

**Trip Description:**
Hiking and yoga truly are the perfect combination. Stone Mountain State Park takes us 2306 feet above sea level, so our Mountain-Top Yoga will be close to the beautiful fall clouds and changing leaves. Our day will be spent hiking along classic North Carolina trails, taking in the views, practicing yoga, and we may even find a waterfall! This trip will have the perfect balance of all your favorite outdoor activities.

**Trip Cost:** Student = $20 (add $10 for non-students)  
Includes: transportation, equipment, instruction, and food

**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 Partial Refund:** Monday, October 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 depart by 9:00AM on Saturday, October 16th.

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 and 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, October 16th
- Meet at Outdoor Adventures by 8:00AM (participants must be able to depart at this time).
- After arriving at the State Park, we will begin our hike with a stop at the top for yoga and lunch. After relaxing, we will make our way back down to the vehicle to begin our drive back to campus.
- Return to campus around 5:00PM, de-issue equipment and say goodbye!
### 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 (if weather permits)
- Baseball Cap or Wide-brim Hat
- Shoes: Athletic footwear or hiking shoes, no sandals or open toe shoes permitted

#### Upper Body
- Hiking/Athletic shirt
- *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
- Hiking pants/athletic pants: Comfortable for doing yoga and walking/hiking
- *Rain Pants: must be a high-quality material if you bring your own

#### Personal Items
- Lunch and 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)
- Feminine hygiene products
- Water bottle: quart size (required)
- Backpack: Small backpack to keep any items you would like with you