



# UNIVERSITY OF SOUTH CAROLINA

## Outdoor Recreation Stand Up Paddle Boarding (SUP) Day Trip Thursday, May 10<sup>th</sup>, 2018 10:30am to 4:30pm

### Description:

- Come join Outdoor Recreation on Lake Murray for an amazing Stand Up Paddle Boarding (SUP) trip. Participants must know how to swim.
- Outdoor Recreation provides stand up paddle board, paddle, pfd and instruction.

### Destination:

- Lake Murray public beach

### Deadlines and Cost:

- 8 spots are available
- The trip will cost \$10 per participant
- Transportation will be provided
- The last day to sign up is Monday, **May 7, 2018**
- The mandatory pre-trip meeting will take place at the Outdoor Recreation Rental Shop on Tuesday, **May 8<sup>th</sup>**, at 8 pm

### Itinerary:

- Friday, May 10<sup>th</sup>, 2018
  - Meet at the Outdoor Recreation office by 9:30am
  - Equipment Check and load vehicle and drive to Lake Murray
  - Pump up boards, get comfortable and explore Lake Murray on SUPs
  - Drive back to Columbia—arrive back in Columbia at approximately 4:30 pm (subject to change)

### What to Bring:

- Clothing:
  - Bathing suit, boardshorts or swim trunks & Rash guard
  - River shoes (Must have a back)
  - Thermal, non-cotton top (Think Under Armor)
  - Towel
  - Change of clothes
- Two liters of water (please bring a water bottle that can easily hook on to something)
- Toiletries and Medications:
  - Inhaler, epi-pen, prescription medications, etc., feminine hygiene, sunscreen, chapstick
- Snacks/Lunch (Because this is a day trip, Outdoor Recreation will not be providing meals)
  - Suggestions include: Granola/energy bars, bagels, tortillas, pita bread, nuts and seeds (without shells), peanut butter, jelly, honey, humus, tuna, pepperoni, jerky, dried meats, hard cheese, fresh fruit/vegetables (apples, carrots, etc.), dried fruit, raisins, apple chips, etc., trail mix

### For more information, please contact:

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