Outdoor Recreation
Beach Day Trip Itinerary
Sunday, April 7, 2018
8:00am to 8:00pm

Description:
- Folly Beach is an Outdoor Recreation sweet spot. As one of our more casual day trips, this is a great way to meet new people and set your own limits for trying a new skill. Activities include surfing, stand-up paddle boarding, swimming, and relaxing on the beach! No experience necessary!
- Outdoor Recreation provides transportation, all equipment, and basic instruction.

Destination:
- We will be setting up base camp near 6th Street on Folly Beach, SC.

Deadlines and Cost:
- 18 spots are available—sign-ups begin December 7, 2018
- The trip will cost $20 per participant
- The last day to sign up is Friday, March 29, 2019 at 12:00 noon
- The mandatory pre-trip meeting will take place at the Outdoor Recreation Rental Shop on Monday, April 1—at 8:00 pm

Itinerary:
- Sunday, April 7, 2018
  - Meet at Outdoor Recreation Rental Shop at 8:00 am
  - Equipment Check/Load Vehicles/Drive to the beach!
  - Stay at the beach for the majority of the day and then drive back to Columbia.
  - Will arrive back in Columbia at 6:00pm (subject to change)

What to Bring:
- Clothing:
  - Bathing Suit/Shirt to wear in the ocean while surfing
  - Towel
  - A change of dry clothes for the trip back to Columbia
- One liter of water
- Toiletries and Medications:
  - Sunscreen
  - Inhaler, epi-pen, prescription medications, etc
  - Feminine hygiene products
- 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
  - Bring money in case we stop for a small meal on the way home

For more information, please contact:
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