Outdoor Recreation
Beach Day Trip Itinerary
Sunday, September 16, 2018
8:00am to 8:00pm

Description:
• Folly Beach is an Outdoor Recreation sweet spot. As one of our more causal 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:
• 15 spots are available—sign-ups begin August 24, 2018
• The trip will cost $30 per participant
• The last day to sign up is Monday, September 10, 2018
• The mandatory pre-trip meeting will take place at the Outdoor Recreation Rental Shop on Tuesday, September 11—at 8 pm

Itinerary:
• Sunday, September 16, 2018
  o Meet at Outdoor Recreation Rental Shop at 8:00 am
  o Equipment Check/Load Vehicles/Drive to the beach!
  o Stay at the beach for the majority of the day and then drive back to Columbia.
  o Will arrive back in Columbia at 6:00pm (subject to change)

What to Bring:
• Clothing:
  o Bathing Suit/Shirt to wear in the ocean while surfing
  o Towel
  o A change of dry clothes for the trip back to Columbia
• One liter of water
• Toiletries and Medications:
  o Sunscreen
  o Inhaler, epi-pen, prescription medications, etc
  o Feminine hygiene products
• Snacks/Lunch (Because this is a day trip, Outdoor Recreation will not be providing meals)
  o 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
  o Bring money in case we stop for a small meal on the way home

For more information, please contact:
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  o 803-777-2072