Outdoor Recreation
Canoe Day Trip Itinerary
Saturday, September 22, 2018
8:00am to 3:00pm

Description:
- Join Outdoor Recreation for a paddling trip into the Congaree National Park, home to the largest old-growth floodplain forest in North America.
- Outdoor Recreation provides transportation, equipment, and instruction.

Destination:
- Congaree National Park – Cedar Creek

Deadlines and Cost:
- 12 spots are available—sign-ups begin **August 23, 2018**
- The trip will cost $30 per participant
- The last day to sign up is Monday, **September 17, 2018**
- The mandatory pre-trip meeting will take place at the Outdoor Recreation Rental Shop on **Tuesday, September 18** — at 8 pm

Itinerary:
- **Saturday, September 22, 2018**
  - Meet outside the Outdoor Recreation office by 8:00 am
  - Equipment Check and load vehicles and drive to Congaree National Park
  - Arrive at Congaree National Park
  - Canoe out and back along Cedar Creek and stop for a floating lunch along the way
  - Drive back to Columbia—arrive back in Columbia at approximately 3 pm (subject to change)

What to Bring:
- Clothing:
  - Breathable layers for top/Hiking shorts or other quick-drying synthetic bottoms
  - Waterproof shell/Fleece jacket/Closed-toed shoes that are comfortable
  - River shoes (Must have a back)
- Two liters of water
- Toiletries and Medications:
  - Inhaler, epi-pen, prescription medications, etc., feminine hygiene, sunscreen
- Snacks/Lunch for Sunday (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:
- Outdoor Recreation / SAOUTDOR@mailbox.sc.edu
  - 803-777-2072