Outdoor Recreation
Hiking Day Trip
Sunday, February 3, 2019
7:00AM to 8:00PM

Description:
• Join Outdoor Recreation on an adventurous hiking trip to the Upstate of South Carolina.
• Outdoor Recreation provides transportation and instruction.

Destination:
• We will be hiking the Table Rock Trail (6.5 miles roundtrip) at Table Rock State Park in Pickens, South Carolina.

Deadlines and Cost:
• 10 spots are available—sign-ups begin **December 7, 2018**
• The trip will cost $20 per participant
• The last day to sign up is Friday, **January 25, 2019 at 12:00 noon**
• The mandatory pre-trip meeting will take place at the Outdoor Recreation Rental Shop on Monday, **January 28** — at 8 pm

Itinerary:
• **Sunday, February 3, 2019**
  o Meet at Outdoor Recreation office by 7:00 am
  o Arrive at Table Rock at approximately 11:00 am
  o Hike to the summit, take in the views, eat lunch, then head back down the mountain.
  o Leave Table Rock at approximately 5:00 pm — arriving back in Columbia around 8:00 pm (subject to change)

What to Bring:
• Clothing:
  o Breathable layers for top/ Hiking shorts or other quick-drying synthetic bottoms
  o Waterproof shell/ Fleece jacket/ Closed-toe shoes that are comfortable
• Two liters of water
• Toiletries and Medications:
  o Inhaler, epi-pen, prescription medications, etc., feminine hygiene, sunscreen
• 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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