Outdoor Recreation
Hiking Day Trip
Sunday, November 18, 2018
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 at Table Rock State Park in Pickens, South Carolina. (We may or may not choose a different awesome location with scenic views in the same relative area).
- This trail is rated as strenuous and is 6.5 miles round trip with 2,240 ft of elevation gain.

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, November 12, 2018
- The mandatory pre-trip meeting will take place at the Outdoor Recreation Rental Shop on Tuesday, November 13 —at 8 pm

Itinerary:
- Sunday, November 18, 2018
  - Meet at Outdoor Recreation office by 7:00 am
  - Arrive at Table Rock at approximately 11:00 am
  - Hike to the summit, take in the views, eat lunch, then head back down the mountain.
  - Leave Table Rock at approximately 5:00 pm—arriving back in Columbia around 8:00 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-toe shoes that are comfortable
- Two liters of water
- Toiletries and Medications:
  - Inhaler, epi-pen, prescription medications, etc., feminine hygiene, sunscreen
- 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:
- JD Rinehart- JDR7@email.sc.edu
  - 803-777-2072