Outdoor Recreation
“The Mirror of Whitewater”
Chattooga River Rafting Trip
Saturday, April 13, 2019

Description:
- Join Outdoor Recreation on a rafting trip down the Chattooga River along the Georgia/South Carolina Border—the Southeast’s unspoiled wilderness gem. No experience is necessary. Lunch is provided.
- Outdoor Recreation provides transportation and equipment.
- We’ll be taking intentional time to explore and reflect how adventure activities like this can be a mirror to show us our truer selves.

Destination:
- Chattooga River, guided by the Nantahala Outdoor Center
- The course area is subject to change depending on weather and river levels; any changes will be discussed at the pre-trip meeting.

Deadlines and Cost:
- 8 spots are available—sign-ups begin December 7, 2018
- The trip cost is $60 per participant, lunch included on river
- The last day to sign up is Friday, April 5, 2019 at 12 noon
- The mandatory pre-trip meeting will take place at the Outdoor Recreation Rental Shop on Monday, April 8—at 8 pm

Itinerary:
- Saturday, April 13, 2019
  - Meet at the Outdoor Recreation Rental Shop at 6:30 am—we will depart at 7:00 am sharp.
  - Paddle the Chattooga Saturday afternoon
  - Should be off river by 6 pm and back to Campus no later than 11 pm

What to Bring:
- Clothing:
  - Bathing suit/Board Shorts & Rash Guard/ Thermal, non-cotton top/ Water shoes or sandals
  - Towel and dry clothes/layers for after the trip
- Personal Essentials:
  - Water bottle—at least 2 liters is required
  - Sunscreen, inhaler, epi-pen, prescription medications, feminine hygiene products, etc.
- Snacks
  - 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

If you have any questions, contact
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