Outdoor Recreation
Stand Up Paddle Boarding (SUP) Day Trip
Saturday, April 6th
12:00pm to 5:00pm

Description:
- Come join Outdoor Recreation on the Broad River for an amazing Stand Up Paddle Boarding (SUP) trip.
- Participants must know how to swim.
- Outdoor Recreation provides stand up paddle board, paddle, pfd, instruction, and transportation.

Destination:
- Broad River

Deadlines and Cost:
- 6 spots are available—sign-ups begin December 7, 2018
- The trip will cost $20 per participant
- The last day to sign up is Friday, March 29, 2019 at 12:00 noon
- The mandatory pre-trip meeting will take place at the Outdoor Recreation Rental Shop on Monday, April 1 — at 8 pm

Itinerary:
- Saturday, April 6, 2018
  - Meet at Outdoor Recreation office by 12:00pm
  - Equipment Check and load vehicles and drive to the Broad River drop off
  - Pump up boards, get comfortable and explore the Broad River on SUPs
  - Drive back to USC—arrive back at approximately 5:00 pm (subject to change)

What to Bring:
- Clothing:
  - Bathing suit, boardshorts or swim trunks & Rash guard
  - River shoes (Must have a back)
  - Thermal, non-cotton top (Think Under Armor)
  - Towel
  - Change of clothes
- Two liters of water (please bring a water bottle that can easily hook on to something)
- Toiletries and Medications:
  - Inhaler, epi-pen, prescription medications, etc., feminine hygiene, sunscreen, chapstick
- Snacks/Lunch if you wish (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

For more information, please contact:
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