Outdoor Recreation
Stand Up Paddle Boarding (SUP) Day Trip
Friday, September 7th
12:00pm to 5:00pm

Description:
• Come join Outdoor Recreation on Lake Murray 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:
• Lake Murray Public Beach

Deadlines and Cost:
• 6 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 3, 2018**
• The **mandatory** pre-trip meeting will take place at the Outdoor Recreation Rental Shop on **Tuesday, September 4 — at 8 pm**

Itinerary:
• Friday, September 7, 2018
  o Meet at Outdoor Recreation office by 12:00pm
  o Equipment Check and load vehicles and drive to Lake Murray
  o Pump up boards, get comfortable and explore Lake Murray on SUPs
  o Drive back to USC—arrive back at approximately 5:00 pm (subject to change)

What to Bring:
• Clothing:
  o Bathing suit, boardshorts or swim trunks & Rash guard
  o River shoes (Must have a back)
  o Thermal, non-cotton top (Think Under Armor)
  o Towel
  o Change of clothes
• Two liters of water (please bring a water bottle that can easily hook on to something)
• Toiletries and Medications:
  o 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)
  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

For more information, please contact:
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