Outdoor Recreation
Foothills Trail Backpacking Trip
Saturday to Sunday, Mar. 21-22, 2020

Description:
- Join us for a weekend of mountain views and waterfalls on South Carolina’s Foothills trail (approximately 11 miles).
- Outdoor Recreation will provide transportation, gear, and instruction.
- Participants are responsible for providing their own lunches/snacks for the day but breakfast and dinner will be provided.

Destination:
- Foothills Trail, SC

Deadlines and Costs:
- 8 spots are available - sign ups begin December 2020.
- The last day to sign up is **Monday, Mar. 16, 2020 by noon**.
- The mandatory pre-trip meeting will take place at the Outdoor Recreation Rental Shop on **Tuesday, Mar. 17, 2020**—at 8 p.m.

Itinerary:
- **Friday, Mar. 20, 2020 - “Night One”**
  - Meet at Outdoor Recreation Challenge Course at 6 p.m.
  - Distribute gear.
  - Cook dinner (provided by OREC)
  - Return home
- **Saturday, Mar. 21, 2020**
  - Meet at Strom 6 a.m.
  - Leave Columbia at 7 a.m. arrive at parking lot at approximately 10 a.m.
  - Hike on the Foothills trail
- **Sunday, Mar. 22, 2020**
  - Wake up at 7 a.m.
  - Hike out on Foothills trail.
  - Arrive in Columbia at approximately 9 p.m.

What to Bring:
- **Personal Essentials**:
  - Inhaler, epi-pen, prescription medications, feminine hygiene products etc.
  - Money in case we stop for a bite to eat on the way home.
- **2 Liters of water**
- **Clothing**:
  - Quick drying layers.
  - Rain layer (rain coat, poncho, etc.)
- **Snacks/Lunch** (Orec will not be providing lunches/snacks)
  - Suggestions include: Granola/energy bars, bagels, tortillas, sandwich, nuts, humus, tortillas, jerky, apples, trail mix, cheese and crackers, etc.

For more information, please contact:
- outdoors@mailbox.sc.edu