



Outdoor Adventure Program

Overnight Intro Climbing Trip



Destination

- Horse Pens 40, Steele, AL

Drive Time

- 4 hrs.

Meals Provided

- Day 1: lunch and dinner
- Day 2: breakfast and lunch

Participant Provided Meals

- Day 2: Dinner (on the road)



Itinerary (All times are subject to change.)

Day 1

- **6:30 am:** Arrive at gym, meet staff behind the gym, near canoes
- **7:00 am:** Leave for HP40
- **11:00 am:** Arrive at HP40
- **11:05 am:** **5-minute initiative**
- **11:30 am:** Set up Campsite
- **12:00 pm:** Lunch
- **12:30 pm:** Start climbing
- **6:00 pm:** Dinner and relaxing
- **7:00 pm:** Try night climbing

Day 2

- **7:30 am:** Breakfast
- **8:00 am:** Enjoy more Climbing
- **12:00 pm:** Lunch
- **1:00 pm:** Pack up camp
- **2:00 pm:** Leave for Campus
- **6:00 pm:** Arrive at UWF



***OA will provide transportation, tents, sleeping bags, sleeping pads, food, cooking equipment, climbing shoes, crash pads, and guides. ***

Payment

Register online at <https://recreation.uwf.edu/> or at the HLS Recreation Center Service Desk (Bldg. 72)

What to Bring

- See packing list below



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Basic Overnight Packing List

Essentials

- Any necessary Medication (inhaler, insulin, pain relievers, birth control)
- Sunscreen
- Hat/Sunglasses
- Toiletries (i.e. Toothbrush, toothpaste, hand sanitizer, deodorant)
- *Clothing should coincide with the location/climate/weather during the time of the trip. Try to avoid anything cotton, especially jeans.
- 2-3 shirts
- 1 pair of pants (no jeans)
- 1 pair of shorts
- Sleeping outfit
- Pillow
- Jacket
- 1-2 pairs of socks
- 2-3 pairs of underwear
- Poncho or rain jacket (in case of rain)
- 2 -3 Liters of water
- Flashlight/ Headlamp
- Comfortable tennis or hiking shoes
- Flip flops or Velcro sandals
- Snacks
- Bowl
- Cup
- Utensils
- Towel



Optional

Extra batteries
Band-aids
Bug Spray
Camera
Plastic bags for waterproofing
Hydration pack
Cards
Camp soap

*Please do not bring anything with you into the outdoors that you are worried about. If whatever you are bringing cannot withstand being wet, dropped, crushed or lost please leave it at home. Some examples of things that do not do well on camping trips are iPods, cell phones, laptops, expensive jewelry or large amounts of money. Please pack accordingly.