



# Outdoor Adventure Program

## Manatee & Big Cat Trip



### 1<sup>st</sup> Destination

- Carson Springs, FL

### 2<sup>nd</sup> Destination

- Crystal River, FL

### Drive Time

- 5 hrs.

### OA Provided Meals

- 1 breakfast
- 1 dinner

### Participants Provided Meals

- 2 Lunches (eaten on the road)

### Itinerary (All times are subject to change.)

#### Day 1

- **3:00 am: (Central time)** Meet behind gym (near canoes)
- **3:30 am:** Leave for Carson Springs
  - Enjoy a nap on us ;)
- **9:30 am: (Eastern time)** Arrive at Carson Springs
- **10:00 am:** Begin Big Cat tour
- **12:00 pm:** Lunch (participant provided)
- **1:00 pm:** Leave for Crystal River, FL
- **3:00 pm:** Arrive at campsite and relax
- **6:30 pm:** Dinner

#### Day 2

- **5:00 am:** Breakfast
- **5:30 am:** Leave for Manatee Tour
- **6:00 am:** Manatee tour
- **1:00 pm:** Leave for UWF
- **2:00 pm:** Lunch on the road (participant provided)
- **6:30 pm (Central time):** Arrive back at UWF



### Big Cat Wildlife Sanctuary & Manatee Promo

**\*OA will provide transportation, tents, sleeping bags, sleeping pads, food, cooking equipment, wetsuits, and guides.**

\*As part of Outdoor Adventures continued efforts to respect and conserve our natural environment, we utilize a professional guide service and adhere to and promote all local, state, and federal guidelines when interacting with wildlife.\*

### Payment

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



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### What to Bring

- Any lifesaving medication (epi pens, inhaler)
- Bug Spray
- Sun protection (Sunscreen, hat, sunglasses)
- Water containers (bottle, Nalgene, cup, etc...)
- Lunch (coolers provided for lunches)
- Any toys or games for the van ride
- Toiletries (i.e. Toothbrush, toothpaste, hand sanitizer, deodorant)
- Any necessary Medication (inhaler, insulin, pain relievers, birth control)
- \*Clothing should coincide with the **location/climate/weather** during the time of the trip. Try to avoid anything cotton, especially jeans.
- Bathing suit
- 2-3 shirts
- 1 pair of pants (no jeans) / 1 pair of shorts
- Pillow
- Sleeping outfit
- Warm Jacket
- Gloves
- Beanie
- 1-2 pairs of socks
- 2-3 pairs of underwear
- Poncho or rain jacket (in case of rain)
- Flashlight/ Headlamp
- Closed toed shoes
- Flip flops, Velcro sandals or water shoes
- Snacks
- Bowl
- Cup
- Utensils
- Beach Towel
- Snorkel Gear (mask, snorkel, wet suit) \* **Not required if you do not own any, the tour group has gear available.**
  
- **\*The nearest campsites are roughly 1 to 1 ½ hours away, with the Manatee tour starting at 6:15 am, we typically camp (glamp = glamour camping) at a nearby RV park, 10 minutes away, to give everyone a little extra sleep.**



### Optional

Extra batteries, Band-aids, Camera, Plastic bags for waterproofing, Hydration pack

\*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.