Outdoor Adventure Program
3-Day Alabama Border Hike

Destination
- Alabama Boarder

Drive Time
- 1.5 Hours

Meals Provided
- 2 Breakfasts
- 2 Lunches
- 2 Dinners

Itinerary (All times are subject to change.)

Day 1 - Friday
- 8:00 am: Meet behind the UWF gym (near canoes)
- 8:30 am: Leave campus and head to our Take Out
- 9:30 am: Leave Take Out and head to Put In
- 10:00 am: Arrive at Put in and Begin 10 mile hike
- 3:00 pm: Arrive at Campsite and relax
- 6:00 pm: Dinner and more relaxing

Day 2 – Saturday
- 7:00 am: Breakfast and pack out
- 8:00 am: Begin 16 mile hike
- 4:00 pm: Arrive at Campsite and Relax
- 6:00 pm: Dinner (thank goodness)

Day 3 – Sunday
- 7:00 am: Breakfast and pack out
- 8:00 am: Begin 7 mile hike
- 12:00 pm: Head back to Campus
- Lunch on the road
- 2:00 pm: Arrive at UWF
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Must haves
- Good pair of hiking boots that are already broken in
- Hat/Sunglasses
- Toiletries (i.e. Toothbrush, toothpaste, hand sanitizer, deodorant)
- Any necessary Medication (inhaler, insulin, epi pen, etc...)
- Poncho or rain jacket (in case of rain)
- 4 Liters of water
- Flashlight/ Headlamp
- Camp shoes (flip-flops, sandals)
- Food (2 dinners, 2 breakfast, 2 lunches)
- Snacks
- Bowl
- Cup
- Utensils
- Personal first aid (Pain medicine, Band-Aids, anti-itch cream, Neosporin, antihistamine)
- Toilet paper or baby wipes
- Trash bag or pack cover (in case of rain)
- *Clothing should coincide with the location/climate/weather during the time of the trip. Try to avoid anything cotton, especially jeans pack light and please only bring what clothes you need. You don’t necessarily need a new outfit each day 2 outfits are more than sufficient for 3 days of hiking.
  - 2-3 shirts
  - 1 pair of pants
  - 1 pair of shorts
  - Sleeping outfit (long underwear)
  - Jacket
  - 2-3 pairs of socks
  - 2-3 pairs of underwear

Optional
Extra batteries
Bug Spray
Camera
Camel back
Cards

Register at https://recreation.uwf.edu/ or HLES Service Desk.

*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.