Outdoor Adventure Program
Hang Gliding Rising Fawn GA

Destination
- Rising Fawn, GA

Drive Time
- 6 hours

OA Provided Meals
- 1 breakfast
- 1 lunch
- 1 dinner

Participant Provided Meals
- 1 lunch

Itinerary (All times are subject to change.)
Day 1
- 7:30am: Meet behind the gym to fill out informed consent and load van
- 8:00am: Leave UWF
- 12:00pm: Stop for lunch on the road (participant provided)
- 2:30pm: Arrive at Cloudland Canyon State Park
- 3:30pm: Set up camp, just off runway and explore park
- 6:30pm: Dinner (provided) and relaxing
Day 2
- 6:00am: Breakfast (provided) and breakdown camp
- 7:00am: Head to flight park
- 8:00am: Flight Training
- 9:00am: Solo training flight (5 ft. off the ground)
- 10:00am: Start gliding (Tandem)
- 12:00pm: Lunch (provided)
- 6:00pm: Leave flight park for UWF
- 6:30pm: Dinner on the road
- 12:30am: Arrive at UWF

Payment
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.

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Basic Overnight Packing List

Must haves
- 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.
  - 2-3 shirts
  - 1 pair of pants
  - 1 pair of shorts
  - Sleeping outfit
  - Jacket
  - 1-2 pairs of socks
  - 2-3 pairs of underwear
  - Poncho or rain jacket (in case of rain)
  - 1 liter water bottle
  - Flashlight/ Headlamp
  - Camp shoes
  - Tennis shoes with good tread that you are willing to get wet and dirty
  - Snacks
  - Bowl
  - Cup
  - Utensils
  - Towel

Optional
Extra batteries
Band-aids
Bug Spray
Camera
Plastic bags for water proofing
Camel back
Cards
Camp soap

*OA will provide tents, sleeping bags, sleeping pads, and cooking equipment.