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
- **7:00am**: Leave for HP40
- **11:00am**: Arrive at HP40
- **11:30am**: Sit up Camp site
- **12:00pm**: Lunch
- **12:30pm**: Start climbing
- **6:00pm**: Dinner and relaxing
- **7:00pm**: Try night climbing

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

Payment
The trip costs $65. Register at [https://recreation.uwf.edu](https://recreation.uwf.edu) or HLES Service Desk.

What to Bring
- See packing list below
Basic Overnight Packing List

Must haves

- 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.
- Bathing suit
- 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
- Flip flops, Velcro sandals or water shoes
- Snacks
- Bowl
- Cup
- Utensils
- Towel

Optional

Extra batteries
Band-aids
Bug Spray
Camera
Plastic bags for water proofing
Camel back
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.