Outdoor Adventure Program
Blackwater Overnight Canoeing Trip

Destination
• Blackwater River State Park

Drive Time
• 1 hr.

Meals Provided
• Day 1: lunch and dinner
• Day 2: breakfast

Itinerary (All times are subject to change.)

Day 1
• 8:30 am: Arrive at gym, meet staff behind the gym, near canoes
• 9:00 am: Leave from the back parking lot of the gym
• 10:30 am: Arrive at river, set shuttle car and get on river
• 10:00-12:00 pm: paddle
• 12:00 pm: Lunch break
• 3:00 pm: Find a campsite and set up camp
• 6:00 pm: Dinner and relaxing

Day 2
• 7:30 am: Breakfast
• 8:30 am: Pack up camp
• 9:00 am: Get on river
• 12:00 pm: Arrive at pull out and have lunch
• 1:00 pm: Load canoes and head back to UWF
• 2:00-3:00 pm: Arrive at UWF

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

What to Bring
• See packing list below
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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.*