Outdoor Adventure Program
Hiking Trip
Providence Canyon State Park

Destination
- Lumpkin, GA

Drive Time
- 4 hrs.

OA Provided Meals
- Dinner - Day 1
- Breakfast - Day 2
- Lunch - Day 2

Participant provided Meals
- Lunch - Day 1 (On road)
- Dinner – Day 2 (On road)

Itinerary (All times are subject to change.)

First Day (3-4 miles)
- 8:30 am: Arrive at gym (meet staff behind the gym, near canoes)
- 9:00am: Leave from the back parking lot of the gym
- 1:00am: Arrive at trailhead in Providence Canyon State Park and start hiking
- 4:30pm: Arrive at campsite and make camp
- 6:30pm: Dinner and relaxing

Second Day (3-4 miles)
- 7:00am: Breakfast
- 8:00am: Break camp and head out
- 12:00pm: Lunch
- 2:00pm: Arrive a vans and head back to UWF
- 6:00pm: Dinner on the road
- 8:00pm: Arrive at UWF

Payment
Trip costs $70. Register at https://recreation.uwf.edu/or HLES Service Desk.

What to Bring
- See packing list
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Backpacking Gear List

**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

*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.*