Outdoor Adventure Program
Underground Zip-lining

Destination
- Louisville, Ky

Drive Time
- 9 hrs.

Meals Provided
- Day 1: Dinner
- Day 2: Breakfast

Participant Provided Meals
- Day 1: Lunch (on the road)
- Day 2: Lunch/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
- **7:00 am:** Leave for Jefferson Memorial Forest
- **12:00 pm:** Lunch on the road
- **6:00 pm (Eastern Time):** Arrive at campsite
- **6:15 pm:** Set up Camp
- **6:45 pm:** Dinner and relax

Day 2
- **7:30 am:** Breakfast/break down camp
- **8:30 am:** Head to tour
- **9:30 am:** Start Zip Tour
- **12:30 pm:** Lunch on the road/Leave for Campus
- **5:00 pm:** Dinner on the road
- **9:30 pm:** Arrive at UWF

Payment
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.*