Outdoor Adventure Program
Whitewater Rafting

Destination
- Chattahoochee River, Columbus GA

Drive Time
- 4 hrs. (Time zone change)

Meals Provided
- Day 1: dinner
- Day 2: breakfast and lunch
- Bring money since we will be stopping for food while on the road.

Itinerary (All times are subject to change.)

Day 1
- 7:45am: Arrive at gym (meet staff behind the gym, near canoes)
- 8:30am: Leave from the back parking lot of the gym
- 11:00pm: Lunch (not provided) eating on the road
- 2:15pm (Eastern Time): Check in at campsite
- 3:15pm: Tube on Chattahoochee
- 5:00pm: Head back / short hike to campsite
- 6:00pm: Set up camp and relax

Day 2
- 7:00am: Breakfast
- 7:30am: Pack-out camp
- 8:15am: Drive to river
- 9:30am: Prepare for river
- 1:00pm: Head back to UWF
- 4:00pm (central time): Arrive at UWF

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

What to Bring
- See packing list
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Basic Packing List

**Must haves**
- Sunscreen
- Hat/Sunglasses
- 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."
  - Bathing suit
  - 2-3 shirts
  - 1 pair of pants (no jeans)
  - 1 pair of shorts
  - Sleeping outfit
  - Jacket
  - 1-2 pairs of socks
  - 3-4 pairs of underwear
  - Poncho or rain jacket (in case of rain)
  - 2 -3 Liters of water
  - Flashlight/ Headlamp
  - Velcro sandals or water shoes that will stay on your feet while rafting
  - Towel
  - Snacks
  - Bowl
  - Cup
  - Utensils
  - Towel

**Optional**
Extra batteries
Band-aids
Bug Spray
Camera
Plastic bags for waterproofing
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.*