Destination
- Pensacola Beach, FL

Total Drive Time
- 1 hr.

Itinerary (All times are subject to change.)
- **8:30 am**: Arrive at gym (meet staff behind the gym, near canoes)
- **9:00am**: Leave from the back parking lot of the gym
- **9:30am**: Arrive at set in
- **10:00-12:00pm**: Paddle
- **12:30pm**: Lunch break
- **1:00pm**: Hangout on beach (Spikeball)
- **3:00pm**: Get off water, and head back to UWF
- **4:00pm**: Arrive at UWF

What to Bring
- Any lifesaving medication (epi pens, inhaler)
- Shoes/sandals
- Bathing suit
- Sun protection (Sunscreen, hat, sunglasses)
- Water containers (bottle, Nalgene, cup, etc)
- Lunch (coolers provided for lunches)
- Towel (to leave in Rec van)
- Any toys or games
- Change of Clothes (Optional)

What Not to Bring
- Alcohol/drugs
- Glass
- Valuables
- Weapons

Payment
Register at [https://recreation.uwf.edu/](https://recreation.uwf.edu/) or HLES Service Desk.

*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.*