Outdoor Adventure Program
Paintball Day Trip

**Destination**
- Theodore, AL

**Drive Time**
- 1.5 hrs.

**Meals Provided**
- None

**Itinerary** (All times are subject to change.)
- 7:30 am: Meet behind the gym (near the canoes)
- 8:00 am: Leave for Southern Alabama Paintball
- 9:30 am: Arrive at Southern Alabama Paintball
- 9:45 pm: Sign in/orientation
- 12:00 pm: Lunch Break
- 5:00 pm: Leave for UWF
- 6:30 pm: Arrive back at UWF

**What to Bring**
- Any lifesaving medication (epi pens, inhaler)
- Clothes you’re okay getting paint on
  - Close toed shoes, Pants, long sleeve shirt etc...
- Change of Clothes
- Sun protection (Sunscreen, hat, sunglasses)
- Water containers (bottle, Nalgene, cup, etc)
- Lunch (coolers provided for lunches)
- Towel (to leave in Rec van)
- Money for extra paintballs (optional)

**Payment**
The trip costs $40. Register at [https://recreation.uwf.edu/](https://recreation.uwf.edu/) or HLES Service Desk.

**Preview**
[https://www.youtube.com/watch?v=8hvVPCYz_Ec](https://www.youtube.com/watch?v=8hvVPCYz_Ec)

*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.*