TRIP DESCRIPTION:
Gloucester Bay lies between Ipswich Bay to the north and Massachusetts Bay to the south. To start, we will practice our paddle strokes in Harbor Cove and then set out for Half Moon Beach. Other skills we will learn and practice will be rescues, a variety of different paddle strokes, and navigation skills. Join us for a fun day of paddling around Gloucester Bay. For more information on the skills we will learn, see Level 1 Skills and Level 2 Skills.

The Enriching Essential Learning Outcomes (E2LO) Initiative helps you build connections between the core outcomes that you achieve in the classroom and events and experiences that take place beyond it. The program you are attending is designed to enrich your student experience related to Social Responsibility and Ethics by exposing you to the concepts of Leave No Trace Outdoor Ethics. By attending programs like this your student experience may be enriched in a variety of ways! For information on E2LO events, experiences, rewards and scholarship opportunities please visit the UMass Lowell E2LO website.

INCLUDED IN TRIP COST:
- Transportation—12 passenger van, unless otherwise noted.
- Activity Equipment —some clothing and personal items not included, review the packing list.
- Park Entrance Fees, campsite fees, food
- Instruction and Leadership

PHYSICAL EXERTION LEVEL & PREREQUISITES
- Low to Moderate Exertion Level
- Must be able to swim in a life jacket/pfd; no previous kayak experience required

REGISTRATION:
- Fill out an Online Waiver
- Register Online
- You can also register at the Welcome Desk of the Campus Recreation Center on East Campus

PRE-TRIP MEETING:
- By phone with the trip leader two days prior to the trip

TENTATIVE ITINERARY: Due to the nature of outdoor trips, itineraries are subject to change.

8:00am Meet at the Bellegarde Boathouse 500 Pawtucket Blvd, confirm paperwork and payment
8:15am Introductions, itinerary, gear distribution, shuttle to put in
9:15pm Basic kayak instruction and safety brief, launch, paddle eat lunch explore
4:00pm Land and load up boats
5:15pm Arrive at boathouse, collect and clean equipment, store boats and debrief
~6:00pm Dismiss

Check out the packing list on the next page!
PACKING LIST: The items on this list are **HIGHLY** recommended for your trip. Current temperatures and personal preference should be considered when packing. Wearing the same piece of clothing multiple times is OK on an outdoor trip, so do not over-pack...but at the same time, do not skimp on needed items. A (*) denotes items that can be provided for you at no additional charge.

- Lunch and snacks
- Sunglasses (add a keeper strap for security)
- Baseball cap or full-brim hat (for sun protection)
- A Warm hat (wool or fleece fabrics are best)
- Insulating jacket (fleece is ideal, should be compact and synthetic)
- Shirts (quick-dry material is preferred – long-sleeve shirts recommended while on the water)
- Shorts and/or pants (avoid cotton, quick-dry material is preferred)
- Underwear
- Swimsuits/rash guard
- Water Shoes (old athletic shoes, neoprene booties, or similar shoes with hard soles for foot protection)
- Gloves for paddling if you are prone to blisters
- Small or super-absorbent towel, or a few bandanas
- Travel clothes, including shoes – wear whatever is comfortable, it’s nice to have something to change in to when we get out of the water
- Bag for personal belongings
- Sunscreen & lip balm (15 SPF minimum)
- Insect repellent (no need for a huge bottle, personal size will be adequate – no aerosol cans!)
- Camera (waterproof protective case, strap and/or float is highly recommended)
- Personal medications (inhaler, epinephrine, etc.). Major medications should be noted on your Health Statement
- Personal medical insurance card
- Toiletries (if you wear contacts bring an extra set)
- Feminine hygiene products (bring a small Ziploc for disposal)
- Money (food on the road/travel days and souvenirs)
- Zip lock bags of various sizes for storage

Note: We will distribute other equipment specific to the activity at the pre-trip meeting or on trip departure day. If you have any personal equipment (backpack, sleeping bag, etc.) that you would like to bring on this trip, please bring it to the pre-trip meeting so trip leaders can make sure it is appropriate for the needs of this trip.

**For further questions or information, please contact us:**

978-934-1932 | outdooradventure@uml.edu