Surfing
Narragansett, RI
Sunday, April 29th, 2018

TRIP DESCRIPTION:
Surf’s up! As temperatures start to warm up, it is a great time to get out to the ocean. On this trip, we will travel to Narragansett Rhode Island. We will try our hand at catching swells and riding breaking waves into shore, with some guidance from a seasoned instructor.

COST: $25 Students/Faculty/Staff $40 Guests

INCLUDED IN TRIP COST:
- Transportation—12 passenger van, unless otherwise noted.
- Activity Equipment—surf board and wetsuit included.
- Rentals, Instruction and Leadership

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

CANCELLATION DATE: Cancellation must occur by April 12, 2018 to receive a full refund.

PHYSICAL EXERTION LEVEL & PREREQUISITES
- Low to Moderate: Due to tidal currents, wind, and water temperatures.
- Must know how to swim and be comfortable in moving water.

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

TENTATIVE ITINERARY: Due to the nature of outdoor trips, all itineraries are subject to change.
- Saturday
  - 7:00 am Meet in the Atrium of the Campus Recreation Center, load up! Wear your swim suit! (Dunkin stop on the way)
  - 9:00 am Arrive at the beach, get geared up and head to the water.
  - Instruction and Surfing! (lunch/snack) don’t forget to bring your own lunch
  - 4:00 pm return equipment change clothes, and head back to campus.
  - 6:00 pm Arrive back on campus. De-issue gear and fill out trip evaluations.

PACKING LIST: The items on this list are HIGHLY recommended for your trip.
- Snacks and Lunch – bring plenty of snacks to stay fueled!
- Swimsuit & Towel, Sunscreen & lip balm, 15 SPF minimum
- Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement
- A change of clothes for the ride home
- Backpack: to keep clothes and personal items in
- *2 water bottles: quart size
- *Wetsuit & *Surf Board (included in the price of this trip)

Note: If you have any personal equipment (surf board, wetsuit, etc.) that you would like to bring on this trip, please contact the trip leaders can make sure it is appropriate for this trip.