Surfing
Hampton, NH
June 18 and July 23, 2019

TRIP DESCRIPTION:
Surf’s up! On this trip, we will travel to Hampton, NH. We will try our hand at paddling out and riding breaking waves in to shore, with some guidance from a seasoned instructor from Cinnamon Rainbows Surf Co.

COST: $30 Students/Faculty/Staff  $45 Guests

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

REGISTRATION:
▪ Register Online

PHYSICAL EXERTION LEVEL & PREREQUISITES
Participants can expect wave height that is flat or small ranging from 0.5-2ft/0.25-1m with little or no current. Water depths are waist deep to overhead. No previous experience is required. Participants must be able to keep their head up while wearing a life jacket in deep water. Trips usually run 1-3 hours.

PRE-TRIP MEETING:
▪ Will take the form of an email in the week prior to the trip leaving.

TENTATIVE ITINERARY: Due to the nature of outdoor trips, all itineraries are subject to change.
▪ Tuesday:
  ▪ 3:45 pm Meet in the Bike Shop/ Outdoor Center 5 Lawrence Drive, load up!
  ▪ 4:45 pm arrive at the surf shop, grab boards and suits, suit up and head to the water
  ▪ 5:30 pm Instruction and Surfing
  ▪ 7:30 pm Return equipment, change, get food, hang on the beach and head back to campus
  ▪ 10:00 pm arrive back to campus, evaluations and dismiss

PACKING LIST: The items on this list are HIGHLY recommended for your trip.
▪ Snacks and money for dinner – 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.

For further questions or information, please contact us:
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