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

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

TRIP LEADERS:

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

REGISTRATION:
- Online [http://www.uml.edu/CampusRecreation/Outdoor-Adventure/Trip-calendar.aspx](http://www.uml.edu/CampusRecreation/Outdoor-Adventure/Trip-calendar.aspx)
- You can also register at the Welcome Desk of the Campus Recreation Center on East Campus

CANCELLATION DATE: Cancellation must 14 days prior to the trip 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.
- Tuesday:
  - 3:30 pm Meet in the Atrium of the Campus Recreation Center, load up!
  - 4:45 pm arrive at the surf shop, grab boards and suits, suit up and head to the water
  - 5pm Instruction and Surfing
  - 7:30 pm return equipment, change, get food, hang on the beach and head back to campus.
  - 10 pm arrive back to campus, evaluations and dismiss approx.

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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