Surfing
Hampton, NH
September 25, 2018

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 for Students/Faculty/Staff    $50 for 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, Print and fill out the Medical Questionnaire
- Register Online
- Complete Cinnamon Rainbows Online Waiver (in the bottom right corner)
- You can also register at the Outdoor Center, 5 Lawrence Dr.

PHYSICAL EXERTION LEVEL & PREREQUISITES: EASY
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:
- 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.

- 3:30 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
- 5:00 pm Instruction and Surfing
- 7:00 pm Return equipment, change, get food, hang on the beach and head back to campus
- 8:30 pm arrive back to campus, evaluations and dismiss

PACKING LIST: The items on this list are HIGHLY recommended for your trip.
- Medical Questionnaire (Printed, Don’t Email), Complete online waivers
- 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
- Personal medical insurance card
- 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 us to make sure it is appropriate for this trip.

For further questions or information, please contact us:
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