TRIP DESCRIPTION:

Sea Kayaking in Florida is one of the best ways to recharge before starting the spring semester. Winter weather in southern Florida is typically warm and sunny with temperatures in the 70’s. Participants can expect to learn a significant amount about kayaking and camping as well as group development, personal leadership, wellness and expedition norms. We plan to play hard, eat and sleep well and re-energize before we get back to campus to start the new semester strong!

We will camp at historic Collier Seminole State Park while we prepare for kayaking as well as at the end of the trip. We will first do an instructional day paddle from the Goodland Calusa Island Marina without our expedition gear in the boats and the next day set off on a 5 day expedition style sea kayak trip relaxing and slowly exploring the southern gulf coast along the 10,000 Islands National Wildlife Preserve and ending in Everglades National Park.

Please enjoy this slide show to get a general idea of the trip! There’s a good reason we do this every year! Come join us.

TRIP LEADERS

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PRE-TRIP MEETINGS: Attendance at the pre-trip meetings is mandatory. Contact us ASAP with any schedule conflicts. Meetings will be in the Bike Shop/Outdoor Center.

#1 Information Meeting November 5, 7PM: We will review our itinerary, equipment, meals, lodging, and travel information.

#2 TBD Week of Dec 2-6 based on confirmed participant schedules - We will review our itinerary, equipment, meals, lodging, and travel information.

#3 12/27/19 3:00 PM - Bring any equipment (drybags, headlamps, sleeping bags and clothes) that you plan to bring on the trip, so they can be reviewed/approved by staff. We will review final details and pack our bags for the trip, so bring everything to the meeting.

PHYSICAL EXERTION: MODERATE-STRENUOUS

Participants will paddle 1-8 mi/ 2-11km, some days more and current may be present and strong at times. Waves will be less than 1-2ft with the potential for winds up to 10-15mph. Previous experience is recommended but not required. Swimming ability with life jacket assistance is required. Paddle times usually run 3-5 hours a day, sometimes more over multiple sessions in a day and multiple days. We have 2 Tandem Kayaks available for those who may feel they need additional support to do the trip. Please attend the info meeting or contact us with questions.
Winter Break Sea Kayaking  
10,000 Islands and Everglades, Florida  
Dec 28*, 2019 – Jan 6*, 2020  
$375* + Travel, Guest $575 + Travel  
$200 Deposit

**PREREQUISITES:** All prerequisites must be met to participate.  
- No previous overnight camping and kayak or canoe experience required  
- Overall good physical fitness (this will allow for a successful trip, please consider exercising 3x weekly to prepare.  
- Ability to paddle for 6 or more hours/day.  
- Must be able to swim and keep airway above water in event of capsize  
- Those with shoulder or back injuries should consult the trip leader and your physician before departing.  
- Due to design and fit of expedition boats, participants weighing more than 250lbs. should consult the trip leaders prior to sign up to make sure appropriate equipment is available.

**PAYMENT, DEPOSIT AND CANCELLATION:**  
Trip deposit of $200 is required to hold a participants spot on the trip. The trip is anticipated to fill quickly; early registration is recommended. Full payment is due by the first pre-trip meeting 12/14/19. Due to the commitment and scope of this program, participants cancelling after 11/16/19 will not receive a full refund unless another participant assumes their place on the trip. If the trip is cancelled by OAP for any reason participants will receive a full refund of the trip cost. Participants are encouraged to purchase travel insurance on their flights. OAP will not reimburse for flight cost due to trip cancellation.

**GUESTS:** Due to demand for this program, non- UMass Lowell guests may only sign up after 11/15/19.

**TENTATIVE ITINERARY:** Due to the nature of outdoor trips, all itineraries are subject to change based on many factors.

Dec 27 – 3p.m. Final Trip Preparations, Packing and Van Load  
Dec 28 – Van departs from Lowell Early AM – Drive to Virginia, drivers and participants stay in hotel.  
Dec 29– Drive to Georgia - drivers and participants camp location TBA  
Dec 30– Van arrives in Florida, pick up flying participants at the airport in the afternoon, and drive to camp at Collier Seminole State Park.  
Jan 1 – 5 From Collier Seminole State Park, Pack Boats, paddle the Blackwater River out to 10,000 Islands on the Gulf coast.  Backcountry island exploration, camping and paddling.  Enjoy the good life!  
Jan 5 – Land in Everglades City at the Everglades National Park Headquarters, return to Collier Seminole State Park, showers, dinner and campfire.  
Jan 6 – Pack up, drive to Tampa airport and drop off participants flying home.  Drive to Georgia; camp.  
Jan 7 – Drive to Virginia or Maryland stay in a hotel.  
Jan 8 – Drive to Lowell – Clean up and Celebrate Victory!
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**Travel Options:** Choose to drive with us or fly down and meet us in Tampa.

Travel Option A: Fly to and from Tampa: Flight cost is not included in trip cost. Book flights to arrive in Tampa on 12/30/19 before 4pm and depart from Tampa Jan 1/6/20 after noon. Our trip leaders will pick you up and drop you off in Tampa, FL with the van. We encourage air travel to be booked before 11/10/19 to ensure cost effective travel and confirm plans.

Travel Option B: Drive to Florida with us: lodging and camping along the way. Camping and lodging cost an additional $50 per person. Road food paid for on an individual basis. Van departs Lowell VERY EARLY AM 12/28/19 and returns Late PM 1/8/20.

Travel Option C: One way via driving, one way via flight. REDUCED Additional $25 plus road food. Flight cost not included in trip cost.
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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. During the expedition, you will be required to store all clothing you are not wearing in one dry bag... Choose wisely. Please contact us if you have any questions or have trouble acquiring any of the items on the list, we may be able to help you out. An (*) denotes items that can be provided for you at no additional charge.

☐ Medical Questionnaire (Printed, Don’t Email), Complete online waiver.
☐ 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 (cotton is ok around camp or in the van, but during activity 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
☐ Camp Socks (1 pair to wear around camp and while sleeping, wool preferred)
☐ Water Shoes (old athletic shoes, neoprene booties, or similar shoes with hard soles for foot protection)
☐ Camp Shoes (to be worn around camp or in the van, something with a heel strap. Crocs, or sport sandals are ideal since they can dry if they get wet—no flip flops!)
☐ Gloves for paddling if you are prone to blisters
☐ Small or super-absorbent towel, or a few bandanas (always appreciated)
☐ Travel clothes – wear whatever is comfortable, it’s nice to have something to change in when we get out off the water
☐ Extra-Large Duffel Bag for travel (big enough to fit all personal equipment, sleeping bag, sleeping pad, and some group equipment such as a tent)
☐ Sunscreen & lip balm (15 SPF minimum) We will be exposed to a lot of sun, so plan to lather or cover up!
☐ 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.)
☐ Toiletries (if you wear contacts bring an extra set)
☐ Feminine hygiene products (bring a small Ziploc for disposal)
☐ Hand sanitizer
☐ Personal supply of toilet paper (keep in a Ziploc to protect from moisture)
☐ Extra batteries for your headlamp (at least 3 AAA - this will get used a lot so do not skimp on having extra)
☐ Money (food on the road/travel days and souvenirs)
☐ Book or journal (great for the van or down time on the trip)
☐ *Mess kit (plate, cup, eating utensils) – a plastic travel mug makes mornings bright!
☐ Ziploc bags of various sizes – these are great for organizing, storing, & protecting clothes and gear
☐ *Dry bags, various sizes – helpful to have to keep personal clothing, sleeping bag, and other needed items dry while on the water.
☐ *Headlamp (you must provide 3AAA batteries if borrowing one of ours)
☐ *Paddling or Rain Jacket (a wind-proof, water-proof jacket is a must, providing much needed insulation in a variety of conditions – rain pants also recommended)
☐ *2 water bottles (quart size, Nalgene bottles preferred - a water bladder (i.e. dromedary or camelback) is great to bring in addition.
☐ *Sleeping bag (with proper temperature rating for the season, 20-45 degree bags should suffice)
☐ *Sleeping pad (provides warmth and comfort while snoozing)
☐ *PFD (Personal Floatation Device, AKA Life Jacket), Kayak, Skirt and Paddle
☐ Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement
☐ Personal medical insurance card

Note: We will distribute other equipment specific to the activity at the final pre-trip meeting
For Questions or information, please contact us: Outdooradventure@uml.edu 978 934 1932