WVU Outdoor Recreation Center
Spring Break: Florida 2019

Get ready to go kayaking, snorkeling, swimming, and camping at Florida’s beautiful beaches, island keys and freshwater springs. Areas we will be visiting include the Lower Florida Keys, Bahia Honda State Park and Blue Spring State Park.

We will travel in 12 passenger vans with a maximum of 10 people in each van. Departure will be on Friday, March 8 between 2 and 4pm. We will camp on Fri. in South Carolina and then arrive at our first destination in Florida late on Sat. We will return to WV late on Saturday, March 16th

Alcohol is not permitted during the trip due to safety and respect concerns. Although showers are available at some sites, there will not be showers every day of the trip.

**Total Cost of Trip $500**

- **The cost includes:** Camping fees, park entrance fees, transportation, trip gear, instructional fees, and food (road food dinners and 1 night at a restaurant is your responsibility).
  
  *(Extra money for eating out, road drinks, and souvenirs is recommended.)*

**Philosophy**

The Outdoor Recreation trips program is focused on getting people outside to explore new places, gain skills, meet new people, and have fun. Skills and safety instruction are an integral part of every trip so that risks can be decreased and participants can participate actively in the trip and can go on their own trips in the future. Trips are offered to give WVU students, faculty, staff and their families a chance to gain experience in a variety of outdoor activities while exploring beautiful environments.

**Risks**

The staff at the WVU ORC is proud of their attention to risk management; however, we acknowledge that outdoor recreation/adventure activities have inherent risks associated with them. We make every effort to mitigate these risks, however we cannot ensure participant safety or eliminate all risks.

**Previous Experience**

Experience in outdoor setting is not required. All activities require low to medium physical ability and are beginner friendly. No experience is necessary, although participants should expect to work at gaining proper skills for the activity.
Pre-trip Meetings
We are going to have a series of pre-trip meetings where we will discuss the skills and equipment needed in the outdoors. **The pre-trip meetings are mandatory for all participants.**
This is to ensure that everyone is prepared. Topics covered will include:

- Trip Itinerary
- Participant expectations
- ORC policies
- Safety
- Clothing
- Cooking
- Equipment (tents, stoves, etc.)
- Group dynamics and team work
- Emergency procedures

Florida Spring Break Trip 2019

**IMPORTANT DATES!!**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>02/17/19</td>
<td>6:00 pm</td>
<td>ORC</td>
<td>Pre-trip Meeting #1: Introductions, gear list, itinerary, expectations, etc.</td>
</tr>
<tr>
<td>03/03/19</td>
<td>6:00 pm</td>
<td>ORC</td>
<td>Pre-trip Meeting #2: Personal gear check, gear instruction, etc.</td>
</tr>
<tr>
<td>03/07/19</td>
<td>Morning to 6pm</td>
<td>ORC</td>
<td>Pack Trailer/ organize gear.</td>
</tr>
<tr>
<td>03/08/19</td>
<td>2-4pm</td>
<td>ORC</td>
<td>Depart for trip</td>
</tr>
<tr>
<td>03/16/19</td>
<td>Late</td>
<td>ORC</td>
<td>Return from trip</td>
</tr>
<tr>
<td>03/17/19</td>
<td>After return</td>
<td>ORC</td>
<td>Clean up group equipment Turn in borrowed ORC personal gear</td>
</tr>
</tbody>
</table>

All meetings are mandatory!!!!
If you miss a meeting you must reschedule the time to get information from the Trip Leaders.

If more than 1 meeting is missed you will forfeit your spot on the trip and lose all money!!!!!
Florida Spring Break Trip

Itinerary

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Daily Itinerary</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>03/07</td>
<td>Gear to ORC – Pack Vans</td>
</tr>
<tr>
<td>1</td>
<td>03/08</td>
<td>Depart from WV. Camp in SC</td>
</tr>
<tr>
<td>2</td>
<td>03/09</td>
<td>Drive and Arrive in Fl., Keys Camp Sawyer CG</td>
</tr>
<tr>
<td>3</td>
<td>03/10</td>
<td>Kayak seminar, snorkel intro. Camp Sawyer CG</td>
</tr>
<tr>
<td>4</td>
<td>03/11</td>
<td>Kayak day trip. Camp Sawyer CG</td>
</tr>
<tr>
<td>5</td>
<td>03/12</td>
<td>Bahia Honda SP, beach and snorkel tour Camp Sawyer CG</td>
</tr>
<tr>
<td>6</td>
<td>03/13</td>
<td>Kayak day trip. Camp Sawyer CG</td>
</tr>
<tr>
<td>7</td>
<td>03/14</td>
<td>Drive to Gemini sp. County park, check out area. Gemini sp CG</td>
</tr>
<tr>
<td>8</td>
<td>03/15</td>
<td>Blue Springs State Park. Gemini sp CG</td>
</tr>
<tr>
<td>9</td>
<td>03/16</td>
<td>Depart and Return to WVU</td>
</tr>
<tr>
<td>10</td>
<td>03/17</td>
<td>Help clean gear</td>
</tr>
</tbody>
</table>

** Schedule is subject to change **

Locations:
https://fla-keys.com/lower-keys/
http://bahiahondapark.com/
https://www.nps.gov/ever/index.htm
https://www.floridastateparks.org/parks-and-trails/blue-spring-state-park

Equipment
Due to the ever-changing weather and the variety of environments we will be traveling through, we must require everyone have certain equipment. This is personal equipment that we cannot supply. One of the trip leaders must inspect it before the trip. There is a specific list of gear attached to this packet.
WVU Outdoor Recreation Gear List

Florida Spring Break Trip

The following list is what you are responsible for bringing on the trip. These items are necessary in order to be prepared for your outdoor experience. We will be in Florida for most of the trip, but we will also be camping in South Carolina where the weather may be cold. If you do not have a specific item, let the trip leader know at the pre-trip meeting and he/she will try to find something appropriate from our borrowed clothes bin.

There is limited room in our trailer so you will not be able to bring more than can fit into an 18 gallon Tupperware container and a carry on day pack.

Head
- Brimmed hat (for sun protection)

Upper Body
- T-shirts
- Long sleeve light weight shirt for sun protection (light color).
- Lightweight synthetic long undershirt - polypropylene, or other hydrophobic, wicking fabric
- Light to medium weight pile jacket /wool sweater
- Lightweight wind jacket - nylon (a must for dealing with bugs)

Lower Body
- Underwear as needed.
- Loose fitting shorts
- Lightweight Synthetic/Wool long underwear bottoms - polypropylene, or other hydrophobic, wicking fabric
- 1 pair long pants/ wind pants, loose fitting – synthetic materials (No jeans.)

Feet
- 1 pair of running shoes or sneakers
- 1 pair sandals or water shoes – not flip flops
- Socks as needed - some synthetic

Rain Gear
- Waterproof rain jacket - coated nylon or waterproof/breathable fabric
- Waterproof rain pants or rain chaps - coated nylon or waterproof/breathable fabric (optional)
**Miscellaneous**

- 2 one-quart water bottles or canteens
- Swimwear
- 1 cup with handle
- 1 bowl
- 1 spoon, fork, knife
- 1 bandanna: multipurpose
- 1 flashlight (headlamp suggested) with fresh, alkaline batteries.
- 1 set of extra batteries
- 1 towel
- 1 toilet kit: Just the essentials, washcloth, small soap, shampoo, toothbrush and toothpaste, sunscreen, lip balm, insect repellent (no aerosols please).
- 1 pair of sunglasses or clip-ons
- Mosquito head netting (that will go over a brimmed hat) or mosquito jacket.
- 2 pairs glasses or contact lenses (if needed): If you wear contact lenses and will have difficulty cleaning them in the field it is suggested that you bring glasses instead. Please bring an eyeglass safety strap for your glasses.
- Any medications you will need to take during the trip (allergy medications etc.)
- 1 camera (optional)
- 1 - 18 gallon Tupperware container to store clothing and gear

**Clothing for the ride home**
We will try to find a place to shower prior to starting home. Bring one change of clothes that can be kept clean for the ride home.

WVU Outdoor Recreation has the following personal gear for you to use, but you may bring your own if you have them.

- Sleeping Bag (30 to 45 degree)
- Sleeping Pad

WVU Outdoor Recreation is providing the following group gear. Please do not bring your own.

- Kayaks
- Tents
- Kayak Accessories
- Tarps
- Stoves
- Food and water containers
- Pots, Pans, and Utensils
- Coolers
- Water Purification