

# Stand Up Paddleboarding & Lake Camping

Lake Livingston SP, Texas



## **Schedule:**

### **Saturday, September 16, 2017**

10:00AM	Depart Rice University
12:00PM	Arrive at Lake Livingston State Park
12:30PM	Lunch
1-6:00PM	Games, Beach and Sun
6:00PM	Dinner
8:00PM	Campfire

### **Sunday, September 17, 2017**

8:00 AM	Breakfast
9:30-6 PM	Day Hike, Beach time
12:00 PM	Lunch
3:30PM	Depart for Rice
5:30PM	Finish Clean-up & Trip Debrief

Beat the heat with ROPE. We're heading to Lake Livingston for a relaxing weekend on the water and around the campfire. There's paddleboarding, hiking, and s'mores to be made! ROPE will provide paddleboards to explore the lake. Participants may rent canoes or borrow fishing tackle directly from the state park concierge. This trip is open to participants of all experience levels but the ability to swim is necessary to take watercraft out on the water.

## Gear List for Overnight Camping Trips – Warm Weather

Please dress & pack appropriately for this trip. Make sure to bring everything listed below to ensure a comfortable and successful backpacking trip!

All gear that is listed as provided will be rented out by each participant at the pre-trip meeting or some other time arranged with the trip leaders. There is no fee for this rental.

### Essential Items ROPE Provides:

- Sleeping Bag
- Sleeping Pad
- Bowl & Personal Utensils
- Headlamp
- Cooking Equipment
- Tents
- Watercraft and Equipment
- Meals on Trip
- Rock Climbing Equipment

### Essential Personal Items:

- Backpack or large bag for carrying personal items
- 2 T-shirts
- 1 lightweight pants
- 1 shorts
- 1 hooded rain jacket
- 1 insulating long-sleeve shirt
- Socks/Shoes/Sandals
- 1-2 pairs of underwear
- 1 water bottle (storage for 2 liters)
- Personal hygiene items
- Medications (allergies, etc.)
- Beach Towel
- Swimwear

**You must inform us if you take medications.**

### Optional yet recommended:

- Camera
- Journal & Pen
- Deck of cards
- Favorite Snack Food
- Drinking cup or insulated mug
- Sun Hat
- Personal Sunscreen
- Personal Insect Repellent
- Sunglasses
- Bandana(s)
- Camp Chair

It is not necessary for you to purchase a lot of expensive equipment; many items listed above you may already own. Items that you choose to purchase may be available at low cost from mail order suppliers or your local outdoor specialty shop. Our major concern is that all participants have appropriate equipment for a safe and comfortable experience.

If you are unsure whether an item or clothing you own is appropriate for this trip, please contact us prior to the trip or bring the item/clothing to the pre-trip meeting.

Please leave jewelry and other non-essentials at home.

**These requirements are for the safety and comfort of participants. ROPE reserves the right to refuse involvement in the program to anyone not properly equipped.**

**Alcohol, tobacco, and recreational drugs  
will *not* be tolerated on any trips led by ROPE. If you have  
such items, do *not* bring them!**