

# Surf & Paddle



## **Schedule – Saturday September 9, 2017**

Eat breakfast before coming to the Rec Center

**9:45 AM** – Meet at the Outdoor Adventure Center

**10:15 AM** – Depart in van

**11:30 AM** – Arrive at Surfside, TX

**Spend the day at the beach!!**

Lunch provided at beach

**4:00 PM** – Head back to Rice

**5:00 PM** – Back on campus

Surfside is truly a wonderful city with miles of unspoiled shoreline, coastal marshes, rivers and bays. You will have the opportunity to surf, kayak, paddle board, play beach games, and have an amazing time!

ROPE will provide lunch at the beach but not breakfast. You may also want to bring additional snacks

## **Packing List:**

- At least one water bottle, quart/liter-size
- Tennis shoes/ flip flops
- Swimwear (optional: water shorts for girls for surfing)
- Rash guard (synthetic t-shirt/long-sleeve) **highly** recommended
- Sunglasses
- Hat
- Camera
- Medications (you must inform leaders if taking medication)
- **Sunblock**
- Towel
- Change of clothes for ride home
- Backpack/Daypack
- Additional Snacks