Stand-up Paddleboarding
Lake Houston, TX
April 11, 2020

Registration closes April 9 at 4pm.

Schedule:

Saturday, April 11, 2020
9:45 AM: Meet at the Outdoor Adventure Center
10:00 AM: Depart for Lake Houston
11:00 AM: Arrive at park
11:30 AM: Lunch
12:30 PM: Head out onto lake
4:00 PM: Depart for Campus
5:00 PM: Cleaning and Debrief

Spend a relaxing day with ROPE as we visit a local outdoor setting. Fed by the San Jacinto River, Lake Houston is the cities primary water reservoir. We will launch from River Grove Park and explore the nearby shoreline and river banks according to wind and weather conditions. During a break, participants are invited to relax on shore or explore the nearby park trails. In the event of high winds, the trip will relocate north to Houston Wilderness Park to explore a large system of trails. Although floatation jackets are provided, the ability to swim is required to participate in this activity. Participants can expect to fall in deep water while learning to paddle.
**Packing List:**

ROPE Provided:
- ✓ Lunch on Trail
- ✓ PFD
- ✓ Watercraft

Required:
- □ Two 1-liter water bottles (e.g., Nalgene)
- □ Swimwear or synthetic clothing
- □ Sunglasses
- □ Hat
- □ Towel
- □ Change of Clothes
- □ Light jacket
- □ Water Shoes/Sandals with Heel Strap
- □ Rain jacket

Optional but recommended:
- □ Camera
- □ Change of clothes & towel for the ride home (in case you get wet!)
- □ Medications, if any taken
- □ Additional snacks
- □ Backpack/day pack
- □ Sunscreen
- □ Dry shoes

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