

Stand Up Paddleboarding

Alexander Duessan Park, Lake Houston



Registration closes Friday September 17 at 12pm.

Schedule: Saturday, September 19 , 2021

9:45AM	Meet at OAC
10:00PM	Depart from Rice
10:45PM	Arrive at Park
11:30PM	Gear Intro & Lunch
12:30PM	On water
4:00PM-5:00PM	Estimated end at park
6:00PM	Return to Rice & Clean-Up

Join ROPE for a relaxing day out paddling on Lake Houston and hanging at the local park. After arriving and taking a practice spin to familiarize ourselves on the boards, participants may head out on the lake or spend time on land. This trip may adjust to match experience and skills of participants including longer distances or time to relax at the park. ROPE will provide lunch, transportation, and equipment. Participants should eat breakfast prior to departure. Sandals with heels straps are recommended.

Packing List:

- At least one water bottle, quart/liter-size
- Water shoes/Sandals recommended
- Swimwear (optional: shorts/rash guard for surfing)
- Long-sleeve sun shirt **highly** recommended
- Sunglasses
- Hat
- Camera/Book/Personal Entertainment Items
- **Sunblock**
- Towel
- Change of clothes for ride home
- Backpack/Daypack
- Additional Snacks
- Medications (you must inform leaders if taking medication)

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!**