



INTRO TO CANOEING



Ready to dip your paddle into adventure? Our Intro to Canoeing Day Trip is the perfect way to experience the fun and freedom of gliding across the water—no experience needed! You’ll learn the basics of paddling, steering, and working as a team as we explore calm, scenic waters surrounded by nature. Along the way, we’ll take breaks to spot wildlife, eat snacks, and maybe even take a refreshing dip. It’s a laid-back, confidence-building day on the water that’s perfect for first-timers, families, or anyone looking for a fun escape into the outdoors!

ITINERARY (subject to change)

- Meet at Outdoor Recreation
- Drive to the lake
- 5 minute initiative, a chance to give back to the natural areas around us
- Unload canoes and begin paddling
- Midday lunch break on a beach
- Paddle back to marina and load canoes
- Head back to Outdoor Recreation

*For more information, contact Outdoor Recreation at outdoorrec@arizona.edu or (520) 621-8233

PACKING LIST

- Hiking Boots
- Sandals/flip flops
- Warm Layers
- Any personal life saving medications
- 2 Water bottles (1 Liter)
- Camera (Optional)
- Sunscreen, lip balm
- Hat
- Sunglasses
- Lunch and Snacks
- Daypack*

*May be reserved from Outdoor Recreation at no additional cost

OUTDOOR PROVIDES

- Transportation
- Leadership and Instrucion
- Canoes
- Paddles
- Personal Flotation Devices (PFD)
- Dry Bags
- All trip-specific gear

EXERTION LEVELS

