

# OVERNIGHT CANOEING



Escape the everyday and dive into a weekend of adventure with our overnight canoeing and camping trip—perfect for beginners and nature-lovers alike! We’ll paddle calm, winding waters at a relaxed pace, taking in scenic shorelines, spotting wildlife, and learning the basics of canoe travel along the way. After a fun day on the water, we’ll set up camp near the water’s edge, cook a hearty dinner, and sleep under the stars. With everything from paddling instruction to gear tips included, this trip is a perfect introduction to the joy of backcountry canoe camping—no experience necessary, just a sense of adventure!

## ITINERARY (subject to change)

Day 1	<ul style="list-style-type: none"><li>• Meet at Outdoor Recreation</li><li>• Drive to campground</li><li>• Dinner on the road</li><li>• Set up camp</li><li>• 5 min initiative, a chance to give back to the natural areas around us</li></ul>
Day 2	<ul style="list-style-type: none"><li>• Pack up, drive to shuttle company</li><li>• Paddle, lunch, side excursions</li><li>• Camp along river</li><li>• Relax, eat dinner, sleep</li></ul>
Day 3	<ul style="list-style-type: none"><li>• Breakfast, pack up camp</li><li>• Load canoes, paddle more</li><li>• Lunch, Paddle with side excursions and hikes</li><li>• Make new camp, dinner, sleep</li></ul>
Day 4	<ul style="list-style-type: none"><li>• Breakfast, pack up camp, paddle</li><li>• Arrive at takeout, unload canoes and put on trailer</li><li>• Dinner on road</li><li>• Head back to Outdoor Recreation</li></ul>

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

## PACKING LIST

- 1 pair of sturdy shoes for camping/ hiking
- 2-3 pair light and/or heavy weight wool/ synthetic socks
- Lightweight wool/polypropylene long underwear
- 2 pairs shorts and/or long pants
- 1 swim suit and towel
- 2 long sleeve sun shirts
- 1 wool/pile sweater or jacket
- 1 rain jacket and pants
- toilet paper, personal sized roll packed in plastic bag
- Toiletry items
- Small flashlight or headlamp with spare batteries
- Sunglasses with keeper strap
- Sunscreen, lip balm
- Bandana
- Insect repellent
- Camera
- 2 Water bottles (2 Litres)
- Hat w/ brim
- Snacks
- Any personal lifesaving medications (epi-pens, inhalers, ect.)

## OUTDOOR PROVIDES

- Transportation
- Food provided when boating and camping; meals en route are not included
- Entrance and camping fees
- Outfitted canoes and accessories
- Leadership and Instruction
- All trip-specific gear

## EXERTION LEVELS

