

# PADDLE BOARDING



Join University of Arizona Outdoor Recreation for a paddle boarding day trip to Lake Patagonia and spend the day on the water in one of Southern Arizona's most beautiful lakes. This trip is perfect for beginners, with instruction on paddle technique, balance, and water safety before heading out to explore calm coves and open water. Expect sunshine, splashes, and plenty of time to relax, swim, and enjoy the lake—all while taking a break from campus and soaking up the outdoors with friends.

## ITINERARY *Subject to change*

- Meet at Outdoor Recreation
- Drive to Lake Patagonia
- Paddle Board
- Head back to Outdoor Recreation

## PACKING LIST

- Comfortable shoes that can get wet
- Wear sun layer clothes or bathing suit
- Extra Clothing Layers
- Rain jacket
- Spending Money
- Day pack\*
- 2 water bottles, 1 quart each
- Hat
- Sunscreen
- Personal lifesaving medication

*\* May be reserved from Outdoor Recreation at no additional cost.*

## OUTDOOR PROVIDES

- Transportation
- Leadership and instruction
- All paddle boarding specific gear

## EXERTION LEVELS

