



# Stand-up Paddle Boarding Patagonia Lake, Arizona



Come on a mindful escape for a day of Stand-Up Paddle Boarding. Enjoy the beauty of the lake as you find your balance and connect with the peaceful surroundings. Join us for a day of harmony, connection, and exploration on the water.

## Itinerary

Subject to change

### Day One:

- Meet at Outdoor Recreation
- Drive to the lake
- 5-minute initiative, a chance to give back to the natural areas around us
- Unload Paddle Boards
- Midday lunch break on a beach
- Hang out around the lake
- Head back to Outdoor Recreation

## PACKING LIST

- Hiking boots
- Sandals/flip flops
- Warm layers
- Any personal lifesaving medication
- 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 Instruction
- Paddle Boards
- Paddles
- Personal Flotation Devices (PFDs)
- Dry Bags
- All trip-specific gear

### EXERTION LEVELS

