

Day Hike

Participant Handout



Thank you for signing up for the Day Hike on Saturday, September 24. You are a confirmed participant on this excellent day-trip. We will meet at 8:00 am at the Welcome Desk located in the new addition of the CHP. You should plan on arriving back to campus no later than 1:00 pm. Lunch will be provided for you, but if you would like, you can bring additional snacks. If you have any sort of dietary restrictions, please inform us immediately so that we can adjust accordingly. All of this should fit comfortably in a school backpack. The lighter the pack you are carrying, the more comfortable you will be.

If you have any other questions or concerns, please feel free to contact me. I look forward to meeting you, and having a great time on the trail.

Ian R. Brown

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Schedule	
Saturday	September 24, 2011
8:00 AM	Meet at the Welcome Desk in the CHP
12:00 PM	Lunch
1:00 PM	Arrive back on campus

Personal Gear Lists

Necessary Equipment

- 1 Liter of water
- Comfortable hiking / running shoes (Sneakers work well)

Necessary Clothing (preferably non-cotton)

- Hiking shorts and shirt
- Hiking socks
- Light rain jacket

Optional, yet Recommended

- Hat
- Sunblock
- Sunglasses
- Bug Repellant
- Additional Snacks

Forecast for San Angelo State Park, San Angelo TX

Saturday



94° F | 69° F

Trip Menu

	Breakfast	Lunch	Dinner
Sunday	X	Deli Sandwiches	X

Snack Ideas

*snacks are not provided

Trail Mix

Trail/Energy Bars

Celery or Carrots

Apple

Beef Jerky

Raisins or Sundried Dates