CUSTOM
TRIP MANUAL

Use this manual as a guide of what you would want your custom trip to look like!

Almost everything is customizable to your group’s needs and desires. We are looking forward to what you will come up with.
WHAT’S PROVIDED

Our trips provide all transportation, meals, group equipment (tents, canoes, cooking equipment etc.) and personal rental gear (sleeping bag, sleeping mat, backpack).

TRANSPORTATION

We have three vans with a 12 person capacity.

Canoe and box trailers are available for trips with more equipment.

NUMBER OF PEOPLE

Group size is dependent on location, activity, van availability, and number of trip leaders. Maximum group size for backcountry trips is usually 10 people, including two trip leaders.

Front-country trips can sometimes accommodate a larger group, depending on location.

LENGTH OF TRIP

Trips typically last one to four days and be planned for practically any weekend.

Extended excursions can be scheduled during Winter, Spring or Summer break. These trips must be scheduled as far in advance as possible.
Most of our meals are vegetarian (but delicious!) due to the difficulty of keeping meats while camping. However on front-country trips, meat is a possibility.

We can accommodate any dietary needs or restrictions

- ALLERGIES
- GLUTEN-FREE
- VEGAN
- LACTOSE INTOLERANCE

You can custom design a menu with your group

**EXAMPLE MEALS**

**BREAKFAST**

- Breakfast burritos with eggs, onions, green peppers, spinach, cheese
- Oatmeal bar with apples, bananas, dried fruits, nuts, peanut butter, jams, chocolate chips, coconut flakes

**LUNCH**

- Pitas with hummus, tempeh (soy based protein – really great!) spinach, tomatoes, cucumbers, carrots, cheese, peppers, salad dressings
- Tomato and pesto grilled cheese with soup of choice

**DINNER**

- Breakfast burritos with eggs, onions, green peppers, spinach, cheese
- Oatmeal bar with apples, bananas, dried fruits, nuts, peanut butter, jams, chocolate chips, coconut flakes

These are just a few example of meals we have enjoyed in the past, we have many others to suggest. You are also welcome to make suggestions or custom design your menu!
TYPES OF TRIPS

AVAILABLE TRIP DESTINATIONS

NORTH CAROLINA
FLORIDA
SOUTH CAROLINA
ALABAMA
GEORGIA
TENNESSEE

*EXTENDED TRIPS CAN TRAVEL FURTHER THROUGHOUT THE US OR POTENTIALLY INTERNATIONALLY

ANY OTHER IDEA YOU HAVE!
BACKCOUNTRY VS. FRONT COUNTRY TRIPS

FRONT COUNTRY TRIPS

Easy access to van and equipment, can store personal belongings in vans, ability to bring a lot of personal items.

Can accommodate a larger party of people.

AMENITIES

Bathrooms, flushing toilets, running water, showers, electricity, picnic pavilions, grills, fire rings

LODGING

Can use tents or stay in shelters, cabins, yurts, etc.

BACKCOUNTRY TRIPS

No access to vans, all equipment & belongings travel with us for the entire trip.

Accommodates a smaller, more intimate group size (usually 10 participants) to minimize environmental impact and abide by permit regulations.

AMENITIES

No electricity, showers, or running water. Sometimes outhouses (non-flushing toilets) are available depending on location. Sometimes fires are allowed.

LODGING

Tents
Trip pricing is entirely dependent on location & activity. The further the distance, the more costly the trip. Trips that include an outfitter (white water rafting, waterfall rappelling, zip lining, hot air ballooning, scuba diving) are also pricier.

**CONTACT**

For additional questions or to schedule a meeting, please contact:

**HANNAH BROCK**  
TRiP PROGRAM ASSISTANT  
HANNAHBR@RECSPORTS.UFL.EDU

**JACKIE MATTHEWS**  
TRiP PROGRAM COORDINATOR  
JACKIEM@RECSPORTS.UFL.EDU