

Exploring Lost Valley

Trip Information & Equipment

Peer Leader:

Elaina Heikes

Orientation Leaders:

Zeikhia Byrd

MaryClaire Fox

Cory McVay

Faculty/Staff Advisor:

Bridgette Rogers

Professor of Dance



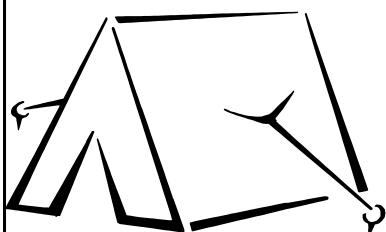
You need to bring:

Sleeping: Sleeping bag and pillow

For hiking: Comfortable clothing, sturdy shoes, **water bottle**, etc.

Toiletries: Toothbrush, soap, towel, and yes, there are hot showers!

Extras: Camera, **sunscreen**, flashlight, etc.



What we have planned for you:

You will be staying at the Lost Valley Canoe and Lodging! Friday night you will be able to relax and play game with your new friends. Saturday will be a long, fun day of hiking and exploring the trails around you! After hiking you can take a swim in the nearby streams and waterfalls! Then rest up for the trip back!

Don't forget:

Your trip leaves at 2:00 p.m. on Friday, August 23rd in the 15 Passenger Vans. Be sure to check with your leaders when you arrive to confirm your departure time.