LAKE DAY Information!!

Location: White Oak Recreation Area/Pavilion (access via White Oak Beach Road)

Date/Time: 9:30 AM - 5:30ish PM on July 22nd

To do list:

* Register here by JULY 16th at MIDNIGHT!
* Contact Michala @ [michala\_patterson@med.unc.edu](mailto:michala_patterson@med.unc.edu) if you have any questions or concerns
* Be on the lookout for an email with a required UNC wavier!!
* Get ready for some fun in the sun

LAKE DAY Schedule

| Itinerary \*subject to weather\* | Notes |
| --- | --- |
| Travel to our Lake destination!!  X – 9:30 AM | The White Oak Recreation Center on Jordan Lake is about 20 minutes from the heart of Chapel Hill! Parking is limited, so we’ll be making a carpool spreadsheet to keep things efficient and environmentally friendly! |
| Check In  9:30 AM | Meet your classmates and MS2s while we make sure everything is in order for your awesome day!! (There may be a photobooth ;)) |
| Kickoff!  10:15 AM | After going over some logistics and safety info, we’ll start things off with our very first event!! (you’ll have to come to find out what it is ☺) |
| Free Time | Enjoy time in various activities of your choosing! We’ll have everything from floating lounges and volleyball to corn hole and paddle boards. |
| Catered Lunch!!  12:00 PM | Dig into some delicious catered food alongside classmates and some special faculty guests! Food accommodations will be made for everyone based off our registration form, so let us know what you need! |
| Squad Games  1:00 PM – 2:00 PM | Whether you’re a problem solver or a go getter, these games will be fun for all! |
| Free Time | Enjoy time in various activities of your choosing! We’ll have everything from floating lounges and volleyball to corn hole and paddle boards. |
| Squad Games  3:45 PM – 5 PM | Whether you’re a problem solver or a go getter, these games will be fun for all! |
| Our Final Farewell  5 PM | We’re keeping this one a surprise! ☺ But we’ll leave you with the night open and recommendations for the best night spots and restaurants in Chapel Hill! |

**Many snacks, water, and Gatorade will be provided throughout the day to keep your energy up!**

Potential Packing List

* Reusable Water bottle
* Swimsuit (you’re not required to get in the water! We’ll have on land activities too)
* Towel
* Comfortable clothes (it’s probably going to be hot)
* Sunscreen and bug spray
* Beach shoes (sandals/flip flops)
* Sneakers/socks (in case you’d prefer them for any games!)
* Hat and sunglasses
* Medications
* Hand sanitizer