

INSTRUCTIONS

THIS SEMESTER GO OUTSIDE, BE ACTIVE, AND HAVE FUN!

HOW IT WORKS:

- 1. PRINT OFF THIS PDF (DOUBLE SIDED)**
- 2. FOLD ON THE DOTTED LINES, STAPLE THE SIDES AND WRITE YOUR CONTACT INFO ON THE BACK.**
- 3. PARTICIPATE IN AS MANY OF THE 12 ACTIVITIES AS YOU CAN DURING THE SPRING AND SUMMER 2022 SEMESTER'S.**
- 4. FEATURE YOURSELF IN A PHOTO DURING EACH ACTIVITY OR VISITING EACH PLACE.**
- 5. TAKE THIS PASSPORT TO BYU OUTDOORS UNLIMITED NO LATER THAN SEPT. 1, 2022.**
- 6. COLLECT YOUR PRIZES.**

6 ACTIVITIES COMPLETED = CAMELBAK WATER BOTTLE

12 ACTIVITIES COMPLETED = CAMELBAK WATER BOTTLE & ADVENTURE T-SHIRT

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Summer Adventure Challenge

NAME:

EMAIL:

PHONE:

**VISIT US FOR ALL YOUR BIKING,
CLIMBING, CAMPING & RAFTING
RENTALS TO MAKE YOUR
ADVENTURES MORE EXCITING!**

**2201 N. CANYON RD
PROVO 84604
801-422-3803**

**BYU Student Wellness
& Facility Services**

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FLOAT A RIVER

Grab a tube, some friends, and head to a river to cool down this summer.

Get a tan or catch up on conversation anywhere you travel this summer. Just check the river flow to stay away from rough rapids.



RIDE A BIKE

Enjoy a morning bike ride, an afternoon mountain biking or a date night on a tandem.

Head up the canyon and enjoy the beautiful outdoors.



OUTDOOR MOVIE

You don't need much to be comfortable.

A projector

A bed sheet

A speaker

Blankets or chairs

Popcorn and snacks



SKETCH OR PAINT OUTDOORS

Head outdoors and enjoy the quiet while you draw or paint.

Whether it's your first time or your hundredth, you may be surprised by your creativity.



VISIT A NATIONAL PARK

Utah has 5 National Parks!

Arches
Canyonlands
Capitol Reef
Bryce Canyon
Zion

Did you know that every state in the US has a national park, except....Delaware.



VISIT A NATIONAL MONUMENT

The closest National Monument to BYU is the Timpanogos Cave in American Fork Canyon. Be sure to call ahead or go online to schedule a tour.

Californian and Arizona have the most National Monuments, each with 18.



HAVE A BBQ

5 Reason To Have A BBQ

- Cooking relieves stress
- BBQ enhances your mood
 - Good people
 - Yummy food
 - Yummy food



GO CAMPING

Drop your phones, get closer to nature and camp under the stars.

Camping is affordable, food tastes better, reduces stress, vitamin D booster (the happy vitamin), and you sleep better.

Stop making excuses and just go.



PADDLE BOARD

Paddle boarding can help improve your balance and fitness goals. It is fun as a group or by yourself. And you can enjoy some of the most beautiful views.



GO ROCK CLIMBING

Need something different from your regular routine?
Rock climbing is a full-body workout, it's fun and makes you a great problem solver.



TAKE A HIKE

Challenge your limits and escape the real world while improving your mental and physical health. It's a great way to recharge and reconnect with yourself when you get busy.



TAKE A ROAD TRIP

Chase a new experience and head someplace you have always wanted to visit.

Enjoy more freedom and flexibility as you make new memories