

Green Workouts for a Happy St. Patrick's Day

Are you the daredevil type? Are you looking for fun, unique ways to work out and explore? Do you want to go on an outdoor adventure but don't have the gear for it? Then come on down to the Campus Recreation Center [Wilderness Outpost](#) for all your outdoorsy needs! We spoke with Wilderness Outpost Manager Christine Ferguson to give us the info you need to get started. This Saint Patrick's Day, make your workout green!

For those not in the know, the CRC Wilderness Outpost is a spot where you can rent equipment, join outdoor subcommittees, or sign up for outdoor recreation instructional trips. No prior experience is needed- just an affiliation with Georgia Tech. The Wilderness Outpost offers rental and instruction for eight different sports, including caving, rock climbing, kayaking, camping, and -trainer Christine Ferguson's personal favorite- bikepacking.

"Bikepacking" combines elements of mountain biking and backpacking (two other sports offered at the Outpost)- students pack up their stuff, travel away from civilization, and camp out overnight. Of course, it is far from the only unique activity offered at the Outpost! All the sports available include a highly different workout from what one might imagine for a typical CRC training period, and all involve different forms of physical activity. All are, of course, also super fun. Says Ferguson, "Working here has changed the way I work out ... Being exposed to all the different sports and seeing all the cool people that rent out gear and go do fun activities on the weekend makes me wanna work out more."

If these activities appeal to you, but you're feeling daunted by their skill level, don't worry. At the Outpost, you can easily rent gear and sign up for instructional [trips](#), which are all designed to be beginner-friendly, so that anyone who's interested can join in. Every Outpost activity, in fact, has several difficulty levels- ranging from beginner to advanced, and, in some cases- *survival*, such as one backpacking trip which takes students into the wilderness and teaches them to make their own shelter.

Outpost trips travel all around Georgia and its surrounding states. If you'd rather not go with a school group, however, feel free to come gather gear for you and your friends' own adventure. Reservations can be made Wednesday through Friday for the upcoming weekend. So what are you waiting for? Come visit the [Wilderness Outpost](#) and earn your explorer badge today!