

Cave and Hike

Eastern Tennessee

Saturday, January 24th - Sunday, January 25th



Trip Description:

Join us on this high-adventure trip spanning the full weekend! We will hike in Roan Mountain State Park and camp at a nearby campground. The next morning, we will wake up bright and early to explore a wild cave in Tennessee. Upon entering the cave, we will climb, crawl, and slide on wet mud through total darkness with only our headlamps for light! This is a jam-packed weekend, so be ready to create loads of new memories!

Trip Cost: Student = \$90 (\$100 for non-students)

Includes: transportation, equipment, instruction, and meals excluding those on the road.

Cancellation & Refund Policy: You must cancel 10 BUSINESS DAYS PRIOR to trip departure date to receive a refund, minus a \$15 cancellation fee. Any cancellation within 10 business days will receive NO refund. If Outdoor Adventures cancels the trip prior to departure, a full refund will be issued. You may transfer your funds to another trip if it is outside 10 business days from the trip date. No cancellation fee is applied for transfers if transferring 10 business days or more prior to trip departure.

Cancellation Deadline for Partial Refund: Due to departure date, no refund will be provided.

Requirements to Participate:

The following requirements are required for your trip. If you do not meet or complete the following requirements prior to your trip, you will be removed from the trip without refund. These requirements are necessary to maintain safe and enjoyable trip experiences for all group members.

- 1) You must be able to attend the pre-trip meeting on Wednesday, January 21st at 6:00PM in Outdoor Adventures
- 2) You must be able to depart by 6:00AM on January 24th
- 3) You must be comfortable hiking up to 7 miles during the day, which may include hiking along steep and uneven terrain, while carrying a small backpack with personal items and group items.
- 4) You must be comfortable crawling and climbing through muddy, slippery, and tight passages. There are areas of the cave you must travel through standing water that will soak your footwear. Occasionally water will reach knee or thigh high levels and can be cold.
- 5) Because these caves are wild caves, there will be no restrooms and you will wear a helmet with a headlamp attached as a light source while you travel.

Outdoor Adventures trips are human powered and adventure-based, therefore, you should expect some level of physical exertion from all of our trips. It is important to consider your current level of physical fitness and any other physical or mental limitations you may have when deciding to participate in any of our activities. For clarification on any activities and the difficulty, please contact us.

Goals of an OA trip:

- 1) Have a fun time outside and away from campus!
- 2) Learn technical outdoor skills.
- 3) Connect with our natural world and learn how to appreciate the areas we travel.
- 4) This is a group experience, so emphasis is also placed on interacting and getting to know new people.

Planned Itinerary (these times are approximate and subject to change):

Saturday, January 24th

- Meet at Outdoor Adventures by 6:00 AM (participants must be able to depart at this time).
- We will begin our drive to the trail head. Once we arrive, we will do some hiking instruction before we begin. We will stop along the way for lunch and then hike back down to the van.
- We will drive to our campsite, set up for the evening, and relax for the night.

Sunday, January 25th

- We will wake up, have breakfast, and break down camp before we head to the cave.
- We will conduct caving instruction and venture underground. We will take a break for lunch and finish exploring before we come up to the sunlight for the drive home.
- Return to campus around 7:00 PM, de-issue equipment and say goodbye!

Email reminders will be sent prior to every trip, so please check your email leading up to the trip. If you have any questions prior to the trip, please contact us. We are open M-Th 12PM-9PM, F 12PM-8PM, and S-S 1-6PM.

Phone: 336-334-4033 Email: uncg_oa@uncg.edu Web: recwell.uncg.edu/oa

Packing List:

Please contact us with any questions about the packing list. If your trip has a pre-trip meeting, the list will be reviewed in detail at the meeting. Please keep in mind that all activity specific equipment (tents, sleeping bags, etc.) will be issued on the trip or at the pre-trip meeting. Participants are expected to bring everything on the packing list and ask questions about any substitutions.

Any item with an asterisk (*) denotes items that we will provide for you at no additional charge.

Head, Hands, & Feet

- Warm Hat
- Baseball Cap or Wide Brimmed Hat
- Bandana or thin beanie: great for keeping your hair clean under your helmet. Beanies are better for colder weather
- Camp Shoes: Crocs, Teva's, Keens, Chacos or similar sport sandals (must have heel and toe straps), or sneakers. NO flip-flops! These will also be your travel shoes after caving.
- Camp Socks: a clean pair that you have to change into and to keep your feet warm at night
- Caving/Hiking footwear: boots or shoes—must be sturdy, have good tread, and provide sufficient ankle support. NO sandals, crocs, or flip flops of any kind!
- Caving/Hiking Socks: wool socks are ideal—your feet will get wet...so the thicker and warmer the better

Upper Body

- Camp Shirt: clean shirt to change into once arriving at camp and after we exit the cave.
- Insulated Jacket: fleece, down or other good insulating material
- *Rain Jacket: must be high quality material and have a hood
- Caving Warm Layer: an old fleece jacket or sweatshirt works well
- Hiking/Caving Shirt: long sleeve shirt that will get muddy, wet, and possibly destroyed
- Clean Shirt: To change into after we cave for the drive home

Lower Body

- Underwear
- Camp Pants: long pants for lounging around the campsite and to keep warm at night (lightweight material preferred)
- *Rain Pants: must be a high quality material if bringing your own
- Caving Pants or Overalls: these will get muddy, wet, and possibly destroyed—thicker is better for caving pants (old jeans will work)
- Long underwear/leggings: Consider having long thermal type underwear in addition to your caving pants
- Clean Bottoms: something you will change back into after we get out of the cave

Personal Items

- Sunscreen: 30+ SPF (Spray Sunscreen not recommended, bring cream/lotion)
- Lip Balm with SPF
- Sunglasses: We recommend you bring a keeper strap for these
- Camera: protective case is highly recommended (optional)
- Personal medications: prescription drugs must be on your health form
- Personal medical insurance card
- Menstrual products
- Toiletries: contacts/solution (bring an extra set), toothpaste, tooth brush, etc. (travel sizes are best)
- Small backpack or duffel bag: to keep your personal items/clothing in while traveling (nothing too big)
- Book/journal: for the vehicle or down time on the trip
- Travel pillow: emphasis on travel size, not your bed pillow (optional)
- *Headlamp: you must provide batteries
- (4) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- Money: food on the road and/or possible souvenirs—bring some money in cash
- *Water bottle: quart size (required)
- Towel: great for changing out of those muddy clothes
- *Plastic bag to put your dirty caving clothes.

Email reminders will be sent prior to every trip, so please check your email leading up to the trip. If you have any questions prior to the trip, please contact us. We are open M-Th 12PM-9PM, F 12PM-8PM, and S-S 1-6PM.

Phone: 336-334-4033 Email: uncg_oa@uncg.edu Web: recwell.uncg.edu/oa