

Winter Day Hike

MacAfee Knob, VA

Sunday, February 15th



Trip Description:

Join us on a winter trip to the mountains of Virginia! With its distinctive ledge, MacAfee Knob rests along the Appalachian Trail, ready for hikers to take in beautiful views. We will hike the rugged and rewarding trails while enjoying beautiful landscapes and a refreshing day away from campus!

Trip Cost: Student = \$25 (\$35 for non-students)

Includes: transportation, equipment, instruction, and lunch.

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 as long as 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: Monday, February 2nd

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 depart by 6:30AM on Saturday, February 15th
- 2) You must be comfortable hiking up to 6 miles during the day, which may include hiking along steep and uneven terrain, while carrying a small backpack with personal items and group items

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):

Sunday, February 15th:

- Meet at Outdoor Adventures by 6:30AM (participants must be able to depart at this time).
- After arriving at the trail head, we will do a quick hiking instruction before getting on the trail.
- In the middle of our hike, we will break for lunch and enjoy the nature before hiking back to the vehicle.
- Return to campus around 5:30PM, 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 1PM-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-brim Hat
- ☐ Warm Gloves
- ☐ Hiking Socks: wool hiking style are highly recommended, great for comfort and blister prevention
- ☐ Hiking Boots/Shoes: broken in hiking boots or athletic shoes with good foot support—no sandals of any kind while hiking!

Upper Body

- ☐ *Hiking Shirt: short or long sleeve, quick-dry material required—no cotton!
- ☐ *Jacket: appropriate for temperatures during the trip (this could be fleece, down, or similar insulating material).
- ☐ *Rain Jacket: must be high quality material and have a hood

Lower Body

- ☐ Hiking Pants/Shorts: for optimal comfort you will want hiking specific shorts or pants, quick-dry material is ideal
- ☐ *Rain Pants: must be a high-quality material if bringing your own

Personal Items

- ☐ Sunscreen: 30+ SPF (Spray sunscreen is not recommended, bring lotion/cream)
- ☐ Lip Balm (with SPF recommended)
- ☐ 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 (required)
- ☐ Daypack: small backpack to carry extra layers, water, etc. during the hike
- ☐ *Water bottle: quart size (required)
- ☐ Menstrual products