

Appalachian Trail Backpacking

Roan Mountain, TN

Monday, May 11th – Friday, May 15th



Trip Description:

Discover the stunning Roan Highlands backpacking route along the Appalachian Trail, where rolling grassy balds and panoramic mountain vistas reward adventurous hikers willing to tackle challenging and varied terrain. This intermediate trip spans several days through sections of the Pisgah and Cherokee National Forests, offering a true backcountry experience with abundant scenic campsites and ridge-top views. Along the way you'll traverse high-elevation balds, forested climbs, and rocky ascents that challenge your endurance while immersing you in one of the Southeast's most iconic landscapes.

Trip Cost: Student = \$150 (\$160 for non-students)

Includes: Transportation, equipment, instruction, permits, ferry fees, and meals. Meals on the road during travel are *not* included.

A \$60 (\$70) deposit can be paid at registration. The final balance is due by Thursday, April 30th (Reading Day)

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, April 27th

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 attend the mandatory pre-trip meeting on Thursday, April 30th at 6:00PM in Outdoor Adventures
- 2) You must be able to depart by 6:00AM on Monday, May 11th
- 3) You must have broken in hiking boots with proper ankle support for this trip! **Please bring these to the pre-trip meeting to be inspected by the trip leaders.**
- 4) You must be comfortable carrying a backpack with up to 35 pounds of food and other gear as we hike up to 8 miles per day. The areas we hike are mountainous regions and may involve walking through streams and hiking along steep and uneven terrain.
- 5) A wilderness experience, like backpacking, involves sleeping in tents, using the restroom in the outdoors, and no access to showers.

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):

Monday, May 11th, 2026

- Meet at Outdoor Adventures by 6:00AM (participants must be able to depart at this time).
- We will depart for Roan Mountain area, hike, eat lunch, and find a site to set up our camp for the night.

Tuesday May 12th – Thursday 14th

- We will wake up, break down camp, and begin our hike to our next campsite.
- Once at camp, we will set up camp, eat dinner, and relax.

Friday, May 15th

- We will wake up, break down camp, and hike back to the vehicle to begin our journey back to campus.
- Return to campus around 5:00PM, 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 (2-3 pairs)
- Hiking Boots/Shoes: broken in hiking boots or athletic shoes with good foot support—no sandals of any kind while hiking!
- Camp Shoes: Crocs, Tevas, Keens, Chacos or similar sport sandals (must have straps), or sneakers. NO flip-flops!
- Camp Socks: a clean pair that you have to change into and to keep your feet warm at night (2 pairs)

Upper Body

- *Hiking Shirt(s): 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).
- Camp Shirt: Long sleeve or short sleeve shirt to change into once we arrive at camp—this can be cotton.
- *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
- Camp Pants: long pants for lounging around the campsite and to keep warm at night (lightweight material preferred)
- Underwear
- *Rain Pants: must be a high quality material if bringing your own

Personal Items

- Sunscreen: 30+ SPF (Spray Sunscreen is not recommended)
- 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)
- Menstrual products
- *2 water bottles: quart size (required)
- Toiletries: contacts/solution (bring an extra set), toothpaste, tooth brush, etc. (travel size required)
- Hand sanitizer
- Insect repellent
- 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: travel size, not your bed pillow (optional)
- Money: food on the road and/or possible souvenirs—bring some money in cash
- *Headlamp: you must provide batteries
- (3) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- *Backpack: 80L size minimum required
- *Sleeping Bag: A sleeping bag that is rated 20-30°F is acceptable for this trip
- *Sleeping Pad: An insulated sleeping pad will add to your comfort and warmth while sleeping
- Electronics chargers

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