

Labor Day Backpacking

Western North Carolina

Friday, August 30th – Monday, September 2nd



Trip Description:

This is the perfect weekend for a backpacking trip to the North Carolina mountains. Spend your days hiking throughout Pisgah National Forest with plenty of views for everyone and everything you need for the weekend on your back! Each day we will set up camp in a new location and enjoy delicious meals before getting a good night's sleep in the tent. In the mornings, enjoy a hot drink and get ready to do it all again!

Trip Cost: Student = \$100 (\$110 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 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: Refunds are not available due to trip departure date.

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) Attend the mandatory Pre-Trip Meeting on Wednesday, August 28th @ 6:00 PM in Outdoor Adventures.
- 2) You must be able to depart by 1:30PM on Friday, August 30th at Outdoor Adventures
- 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 7 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):

Friday, August 30th:

- Meet at Outdoor Adventures by 1:30PM (participants must be able to depart at this time)
- After a quick gear check, we will load into the vehicle for our drive to the Pisgah National Forest.
- After arriving to the Pisgah National Forest, we will set up tents, and relax for the night.

Saturday, August 31st and Sunday, September 1st:

- We will wake up and pack our packs before heading to the trail head where we will begin our hike. For these two days we will be hiking with everything we need on our backs and establishing camp in different locations each night.

Monday, September 2nd:

- On the last day, we will wake up, break down camp, eat breakfast, and begin hiking back to our vehicle to drive back to campus.
- Return to campus around 6:00PM, 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
- 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

Upper Body

- *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
- Hiking Shirt(s): short or long sleeve, quick-dry material required—no cotton!
- Camp Shirt(s): clean shirt to change into once arriving at camp

Lower Body

- *Rain Pants: must be a high quality material if bringing your own
- 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

Personal Items

- Sunscreen: 30+ SPF (Spray Sunscreen is not recommended)
- Lip Balm: lip balm containing SPF is highly 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 sizes are best)
- 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 (include this only for backpacking)

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