

# Grayson Highlands Backpacking

## Grayson Highlands State Park, VA

### Friday, March 29<sup>th</sup> – Sunday, March 31<sup>st</sup>



#### Trip Description:

Just 2.5 hours away lies one of the most beautiful hiking areas where you'll find wild ponies, wild steer, and wild hikers along the Appalachian Trail. Join us as we backpack our way through this incredible state park. You'll enjoy views, nature, and delicious meals with your fellow backpackers, making memories that will last a lifetime. With a pack on your back, and trail under your boots, this short backpacking trip is sure to empower you and set you up for future backpacking experiences.

#### Trip Cost: Student = \$ 80( \$90 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: Friday, March 15<sup>th</sup>

#### 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: Wednesday, March 27<sup>th</sup> @ 5:30PM in Outdoor Adventures.
- 2) You must be able to depart by 6:00AM on Friday, March 29<sup>th</sup>
- 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):

##### Friday, March 29<sup>th</sup>:

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

##### Saturday, March 30<sup>th</sup>:

- 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.

##### Sunday, March 31<sup>st</sup>:

- 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](mailto:uncg_oa@uncg.edu) Web: [recwell.uncg.edu/oa](http://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).
- ☐ Camp Shirt: clean shirt to change into once arriving at camp
- ☐ \*Rain Jacket: must be high quality material and have a hood
- ☐ \*Hiking Shirt: short or long sleeve, quick-dry material required—no cotton!

### 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

- ☐ 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
- ☐ Sunscreen: 30+ SPF
- ☐ Lip Balm
- ☐ 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)
- ☐ (3) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- ☐ \*Headlamp: you must provide batteries
- ☐ Menstrual products
- ☐ \*Water bottle: quart size (required)
- ☐ \*Backpack: 80L size minimum required

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