



Fall 2018 Trip Descriptions

****All return times are approximate and depend on group pace, traffic, and weather. We do our best to return on time but sometimes things happen****

Registration for trips will open on August 25th

Women's Intro to Overnight Backpacking September 15th – 16th Registration ends September 12th

Hey gals, are you ready to learn how to backpack? We are leading a women-only introductory backpacking trip through beautiful Shenandoah National Park. This will be a beginner level trip featuring mountain heights, cascading streams, and great views. So come join us as we teach you to pack, plan for, and navigate a backpacking adventure!

Cost: \$30 which covers transportation, group gear (tents, stoves, etc.), dinner Saturday, breakfast Sunday, and Sunday lunch

Or

\$40 which covers the above, plus includes backpack, sleeping bag & pad, rain gear, headlamp, bowl and spoon

What to wear: weather appropriate clothing and good walking or hiking shoes (closed-toed sneakers or boots)

What to bring:

Backpacking pack* (big enough for your personal equipment as well as your share of group gear and food)

Sleeping Pad*

Sleeping Bag appropriate for the temperatures*

2 liter-sized water bottles

Headlamp or flashlight*

Wool or synthetic socks for each day plus a spare pair (avoid cotton)

Rain gear* (no umbrellas)

Plastic bowl and eating utensil* (Tupperware works well)

Clothing appropriate for the weather (synthetics are best, *cotton is strongly discouraged* except for t-shirts/underwear)

Good shoes or boots

Sunscreen

VERY minimal necessary toiletries (contact solution, toothbrush etc)

Lunch/snacks for the first day

Optional knife

*These items are available to rent individually or you can rent all of them by paying the additional \$10 gear fee

When/Where: Meet at Skyline Fitness Center at 8am on the 15thth. We will go over equipment and pack up here and then drive out to the trail. We will spend the day hiking and camp for the evening. We will finish the hike the following morning and return to campus on Sunday afternoon.