Hike the Legendary Appalachian Trail
Spring Break, March 3-12, 2017

Experience life as an Appalachian Trail hiker this spring break.

HERE’S WHAT TO EXPECT:
Starting at the Grayson Highlands State Park in Virginia we will work our way north on a nearly 45 mile stretch of beautiful hiking trail. The hike coincides with many Appalachian thru-hikers who are just beginning their 2,069 mile journey to Maine. Each day will be spent hiking 4 to 10 miles. We will be pitching tents or staying in the AT shelters. Plan on a mild athletic pace, stunning views, wildlife, and simple living with new friends. All experience levels are encouraged to join us on our fun filled journey on one of the country’s most well known trails.

WHEN:
Mandatory Pre-Trip Meeting: Wednesday, February 1st, 6 pm
Depart: 4pm Friday, March 3, 2017
Return: 8pm Sunday, March 12, 2017

PREPARATION:
- **Equipment** – attached is an equipment list that includes what we provide and what you need to obtain. Follow this closely, it is based upon extensive experience. Plan on weather that could range from the upper 60’s to the 20’s and windy, rainy or snowy.
- **Fitness & skills** – you don’t need to be an experienced hiker to go on this trip, but you should have a base level of fitness that will allow you to spend 4-10 miles per day on trail carrying a pack.
- **Health & Liability Form** – complete these forms and return them no later than the scheduled pre-trip meeting.

THE OUTDOOR PROGRAM PROVIDES:
All group gear, food while on the trail, transportation, and skill instruction.

YOU PROVIDE:
Your own backpack, hiking boots/shoes, clothing and personal camping gear. (Backpacks are available for rent through RSOP.)

COST:
UMD Students: $495 Others: $768

Registration Deadline: Noon on Tuesday, February 24
Sign up earlier to ensure you get a spot on the trip!

GOALS:
- Experience the AT lifestyle
- Explore a beautiful and rich environment
- Meet new people!
- Be safe and healthy!
- Pitch in as a group to help with camping chores and successful group trail days.

TRANSPORTATION:
We will be travelling in a university van.

MEALS
Meals during the van ride to North Carolina are not included. Bring cash or pack along some food for the drive.

On the trail, group meals will be served picnic-style and cooking will be done in camp or in a shelter over a camp stove.

GENERAL INFO:
Phone: (218)726-7128
Fax: (218) 726-7676
Email: rsop@d.umn.edu
www.umdrspo.org
Wednesday, February 1, 6 pm
Mandatory Pre-Trip Meeting in Sports and Health Center room 153 -
Introductions, group expectations, itinerary, safety, physical preparation,
limitations, equipment, meals, and final payment due at this meeting.

Friday, March 3, 4pm
Depart from the front of the Sports and Health Center on U.M.D. campus. Drive
southeast toward Virginia! You pay for meals during the drive. While driving you
can rest in the van (so bring a pillow). We’ll be driving straight through, so plan
for stops and plenty of sleep along the way.

Saturday, March 4
Continue driving on! We’ll reach Hot Springs, North Carolina in the afternoon for
time to explore Hot Springs and a night in a campground and trail preparation
right beside the French Broad River.

March 5, 6, 7, 8 : The Appalachian Trail
After breakfast we’ll pack up and get our first taste of the Appalachian Trail.
Today, our two groups will be beginning our 51.4-mile stretch of surreal hiking in
the Smoky Mountains. We’ll start to get a feel for what it’s like to live out of a
pack with lunch on trail, and a gourmet dinner in camp tonight.

Over the next three days we will continue our trek through a high ridge portion of
the AT. We will hike under forests, over rocky sections, through fields, and up and
down the Appalachian Mountains. At night we will stay in tents or in trail shelters
that are available along the trail. Our route will bring us to Spring Mountain
Shelter, Little Laurel, Flint Mountain, Hogback and Bald Mountain. Our two
groups will meet for our third night in the middle of the trail section, hiking
opposite the entire time.

March 9
Our last full day on trail will be a test of endurance as it will be one of our longest
days. We will cover 10.5 or 8.6 miles, but it leaves a short last day and ends with
a special trail meal.

Friday, March 10- Destination: Hot Springs NC
The adventure comes to an end in the sleepy little hollow of Hot Springs North
Carolina. They don’t call this town Hot Springs for nothing; we will bathe in the
natural Appalachian hot springs to soothe our battered hiking bodies. That night
we will stay at a campground. The camping and hot springs fee are included, but
we may eat out as a group for our last dinners so plan on an $8-10 meal.

Saturday, March 11
We’ll pack up after breakfast and depart for Minnesota.

Sunday, March 12
Arrive back in Duluth by evening and put gear away as a group.
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Equipment List

On this trip the weather may vary from warm and sunny with a high of 70 degrees to cold, rainy, snowy and windy with temperatures in the teens. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers. Pack equipment in your backpack.

WE FURNISH:
- Tents
- Water purification
- First-aid kit
- Food
- Toilet paper
- Camp stoves/fuel
- Tarps
- Cooking utensil kit
- Cook kit

YOU NEED TO BRING:

Van Travel
- Small duffle bag with pillow, comfy clothes and food money

Camping/General
- Internal or external frame backpack (55-90 Liters)
- Sleeping pad (closed cell or inflatable-style)
- Sleeping bag (to 20°)
  - Sleeping bag liner suggested with 20° or warmer bags
- Unbreakable eating utensils (cup, bowl, fork, spoon)
- Flashlight or Headlamp w/ fresh batteries
- Hygiene kit: toothbrush/paste, contact lenses/glasses, personal medications, Feminine hygiene products/bags
- Sunglasses/Sunscreen
- Flashlight or Headlamp w/ fresh batteries
- 2 water sources (bottles/bladder)
- Stuff stacks for all compactable/loose gear

Clothing
- Rain gear top and bottom
- Comfortable, loose fitting pants
- 2 t-shirts (wool or synthetic)
- 1 long sleeve (wool or synthetic)
- Long underwear (not cotton)
- Wool or fleece shirt/sweater
- 2 hats (broad brimmed & winter)
- 2-3 Pair Socks (wool or synthetic)
  - vapor barriers may be beneficial
  - two light pairs & one heavier pair (keep packed in your dry sleeping bag for sleeping)
- Light shoes or Closed Toed Sandals
- Down or synthetic insulated jacket
- Sturdy hiking boots/shoes (must be closed toed with ample support)

Note: Save room in your backpack to help carry items for the group like food, stoves, tents, tarps and cook sets.

EXTRAS YOU CAN BRING:
- Camera, binoculars, journal, pencil/pen, pocket knife, music and DVD’s for in the van, books to read, field guides, compact art supplies, compact camp games (cribbage, trivia, etc).

DO NOT BRING:
- Valuables
- Recreational drugs or alcohol
- Cell phone on trail

GENERAL INFO:
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Email: rsop@d.umn.edu
www.umdrsop.org

EQUIPMENT TIPS:
- Be sure to bring clothing that will keep you comfortable in very wet and windy conditions.
- Cotton is for van riding and inside wear only. All your outside layers should be synthetic or wool.
- Protect yourself from the strong rays of the Appalachian sun with a combination of wide-brimmed hat, sunscreen and protective clothing.
- Carrying water is important. Camelbak-style hydration systems are great to keep water accessible on the trail.
- Backpacks, Sleeping bags, pads, and rain gear can be rented from the UMD Rental Center – 218-726-7128.