

# Hike the Legendary Appalachian Trail

## Spring Break, March 8-17, 2019

Experience life as an Appalachian Trail hiker this spring break.

### HERE'S WHAT TO EXPECT:

Starting at the Pisgah National Forest in North Carolina, two groups will diverge to hike a nearly 45 mile stretch of the beautiful Appalachian Trail, crossing paths midway through the hike. We may encounter Appalachian thru-hikers who are on their 2,069 mile journey to Maine. Each day will be spent hiking between 4 to 10 miles with changes in elevation through the Cherokee and Pisgah National Forest in the Great Smoky Mountains. We will be pitching tents or staying in the AT shelters. Plan on a moderately 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: Friday, March 1st, 6:30 pm**

Depart: 4pm Friday, March 8, 2019

Return: 8pm Sunday, March 17, 2019

### 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 with elevation.
- *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 Sunday, 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 southern Virginia 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](mailto:rsop@d.umn.edu)

[www.umdrosop.org](http://www.umdrosop.org)

University of Minnesota Duluth – Recreational Sports Outdoor Program

# Hike the Legendary Appalachian Trail

## Itinerary

This itinerary is designed to be flexible based on many factors that include: weather, skill levels, and interests. Listed are highlights of a proposed schedule.

### Friday, March 1, 6:30 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.

### Thursday, March 7, 6:30 pm

Mandatory Pre-Trip Meeting in Sports and Health Center room 153 - Final trip preparations.

### Friday, March 8, 4pm

Depart from the front of the Sports and Health Center on U.M.D. campus. Drive southeast toward North Carolina! 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 9

Continue driving on! One Crew will reach Hot Springs North Carolina while the other heads down to Spivy Gap in the afternoon for time to explore and spend the night before hitting the trail the next day.

### Sunday, March 10 : Cherokee and Pisgah Forests-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 45-mile stretch of surreal hiking in the Cherokee and Pisgah National Forests. We'll start to get a feel for what it's like to live out of a pack with lunch on trail, and a classic camp dinner.

### March 11, 12, 13, 14 : The Appalachian Trail

Over the next four 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. The two groups will meet for our third night in the middle of the trail section, hiking opposite the entire time.

### Friday, March 15 : Grayson Highlands State Park, Virginia

The adventure comes to an end on the trail, and both groups will be meeting back up in to spend the night.

### Saturday, March 16

We'll pack up after breakfast and depart for Minnesota.

### Sunday, March 17

Arrive back in Duluth and put gear away as a group.

#### Logistics:

- **The Trail**

The Appalachian Trail is surprisingly well maintained for a 2,069 mile long path through the woods. Minimal brush covers the trail, and the entire path is dotted with white blazes that indicate you are not in fact lost but going the right way.

- **Trail Locomotion**

We will be hiking 45 miles over 6 days on the AT. Though the seasoned hiker may scoff at a 10 plus mile a day average the same hiker will eat crow pie after realizing we tackle 18,000 feet of elevation change over 40 miles. We will be sure to acclimate our bodies to the brief change of lifestyle; our two goals for moving on the trail are having fun and being healthy.

#### GENERAL INFO:

Phone: (218)726-7128  
Email: [rsop@d.umn.edu](mailto:rsop@d.umn.edu)  
[www.umdrsop.org](http://www.umdrsop.org)

# Hike the Legendary Appalachian Trail

## 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
- Food
- Camp stoves/fuel
- Water purification
- Toilet paper
- Tarps
- First-aid kit
- Cooking utensil kit
- Cook kit

### **YOU NEED TO BRING:**

#### **Van Travel**

- Small duffel bag with pillow, comfy clothes, food, and money for food and souvenirs

#### **Camping/General**

- Hiking backpack (55-80 Liters)
- Sleeping pad (closed cell or inflatable-style)
- Sleeping bag (to 20<sup>0</sup>)
  - Sleeping bag liner suggested with 20<sup>0</sup> 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
- 2 water sources of 1 liter or more (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)
- 3-4 Pairs of Socks (wool or synthetic)
  - Keep one pair packed in your 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)
  - Remember to break them in well before the trip!
- Warm jacket
- Swimsuit/Towel
- 1 Pair Shorts
- Warm mittens/gloves
- Bandana or Buff
- 2- 3 pairs Underwear

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

### **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.

### **EXTRAS YOU CAN BRING:**

Camera, binoculars, journal, pencil/pen, pocket knife, CDs and music 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:**

Phone: (218) 726-7128

Email: [rsop@d.umn.edu](mailto:rsop@d.umn.edu)

[www.umdrops.org](http://www.umdrops.org)