

Intermediate Backpacking

4 Notch Loop Trail, Sam Houston National Forest

Registration closes February 20 at 12pm or when capacity is reached.

Trip Leaders: Evan Dunbar & Ben Kwait-Gonchar



Thursday, February 22

7:00PM Pre-Trip Meeting – Rec Classroom 220

Saturday, February 24

8:30AM Arrive at Outdoor Adventure Center for Final Pack Up (Breakfast Not Provided)
9:00AM Depart from Rice
11:00AM Arrive at Trailhead and Start Hiking!
Mid-Day Lunch on Trail
Evening Dinner and Camp Out

Sunday, February 25

Morning Breakfast and Break Down Camp
Mid-Day Lunch on Trail
3:00PM ETA Arrive at Trailhead and Depart for Rice
5:00PM ETA Gear Check-in and Begin Clean Up

Sam Houston National Forest is a beautiful forested wilderness area just out of Houston, including foothill mixed hardwoods and cypress bayous. Sharing a section of the Lone Star Trail our loop will cover 12 miles in two days as we wander through the forest, across creeks, and through sandy ravines with a potential side track to the more isolated Neiderhofer Pond. This trip features a “disconnect to reconnect” agreement. Phones will be permitted for photos but all services will be turned off to allow participants the freedom to enjoy the trip without personal or community phone distraction. Trip registration includes transportation, trail fees, trail equipment, and associated recreational fees. Backpacking experience is recommended for this trip due to distance.

Gear Guide for Cool Weather

Backpacking Trips

Please dress & pack appropriately for this trip. Review the guide below to support a comfortable and successful backpacking trip!

All the gear listed as provided is included in your trip registration. Rental agreements and gear issue will take place during your pre-trip meeting.

Equipment ROPE provides:

- ✓ Backpack w/ rain cover
- ✓ Sleeping Bag
- ✓ Sleeping Pad
- ✓ Bowl & Personal Utensils
- ✓ Headlamp
- ✓ Whistle
- ✓ Tents
- ✓ Cooking Equipment
- ✓ Meals on Trail

Optional yet recommended

- Sunglasses (strongly recommended)
- Camera (H2O protection encouraged)
- Campshoes (lightweight; e.g. sandals)
- 1 pair of waterproof pants
- Sun hat
- Bandana(s)
- Journal & Pen
- Cards/Game
- Water reservoir (Camelbak)
 - One-liter back-up bottle required.

Necessary Personal Items:

- 1 Pair of Hiking Boots or Hiking Shoes*
- 1-2 of hiking socks (synthetic or wool)
- 1 Hooded Rain Jacket (No Ponchos)
- 1 heavy fleece or down jacket
- 1-2 Long sleeve synthetic shirts
- 1-2 synthetic T-shirts (NO cotton)
- 1-2 of underwear
- 0-1 synthetic shorts
- 1-2 synthetic pants (NO cotton)
- 1 warm hat
- Warm gloves
- Personal toiletries (Toothbrush, etc.)
- 2 Bottles for water (storage for 2 liters/64 oz)
- Small and lightweight face towel (4x4in)
- Medications (for allergies, etc.)
You Must inform us if you take any medications.
- Money for meals on the road (if applicable)
- Clean shoes for travel

*Footwear Guidance: Appropriate footwear for backpacking is a sliding scale largely based around prior experience and terrain. The more challenging and rocky a trail is, the greater requirement for hiking shoes or boots. An established trail through the forest offers more flexibility for trail shoes. Participants with weeks of trail experience may consult with trip leaders on preferred footwear. Some restrictions may still apply including prohibitions on sandals.

It is not necessary for you to purchase a set of new expensive equipment; many items listed above you may already own as athletic or day-to-day apparel. Check with your friends for options to borrow or rent items too. Items that you choose to purchase may be available at low cost from online suppliers or local thrift store. Our primary concern is that all participants have appropriate equipment for a safe and comfortable experience.

If you are unsure whether an item or clothing you own is appropriate for this trip, please contact us prior to the trip or bring the item/clothing to the pre-trip meeting.

Please leave jewelry and other non-essentials at home.

Alcohol, tobacco, and recreational drugs will *not* be tolerated on any trips led by ROPE. If you have such items, do *not* bring them!

These requirements are for the safety and comfort of participants. ROPE reserves the right to refuse involvement in the program to anyone not properly equipped.

[Register for the Trip!](#)