Backpacking
Great Smoky Mountains NP, TN

Informational Meeting:
Wednesday February 14
5:30 PM In Rec Classroom 160A

Mandatory Pre-Trip Meeting:
March 2, 5:30pm in Rec Classroom 160A

Shakedown and Packing the van:
Thursday March 8, 6:30 at OAC
ROPE is stoked to get to the mountains!
Join us as we travel through the Appalachian Mountains and take in some of the best wilderness available to the East. This trip requires backpacking experience or a suitable level of fitness. Please review trip itinerary before registration.

We will travel frequently above 5,000 feet as we climb and descend ridges in the area. Our efforts will be rewarded with rushing creeks, beautiful vistas, and refreshing mountain air. Registration fee covers food on trail, transportation, equipment, and associated recreation fees. Participants cover meals while traveling on road to destinations.
This trip’s minimum registration fee is based on a full trip. Trip costs are adjusted to reflect participant numbers with a max registration fee of $400.

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<tr>
<th>12 Participants</th>
<th>11 Participants</th>
<th>9-10 Participants</th>
<th>7-8 Participants</th>
<th>6 Participants</th>
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<tbody>
<tr>
<td>$300</td>
<td>$325</td>
<td>$350</td>
<td>$375</td>
<td>$400</td>
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**Participants are expected to:**
- Be in good physical and mental health and possess the physical strength to manage challenges including: carrying a 35lb backpack, hike for 10-15 miles over rugged terrain, maintain composure during challenges.
- Learn and practice exemplary Leave No Trace philosophy and methods.  
  *Hikers must carry out all trash – ROPE will help educate!* 😊
- Follow directions where the group takes precautionary action to minimize risk.
- Provide essential footwear and clothing that meets the demands of this trip.  
  *Hiking boots/shoes are required. Sneakers and running shoes will not be permitted as hiking footwear.*

It is not necessary for you to purchase a lot of expensive equipment; many items listed above you may already own. Items that you choose to purchase may be available at low cost from mail order suppliers or your local outdoor specialty shop. Our major 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.

**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.**

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

Please dress & pack appropriately for this trip. Make sure to bring everything listed below to ensure a comfortable and successful backpacking trip!

All gear that is listed as provided must still be rented out by each participant at the pre-trip meeting or some other time arranged with the trip leaders. There is no fee for this rental.

### Essential items ROPE provides:

- Backpack
- Sleeping Bag
- Sleeping Pad
- Bowl & Personal Utensils
- Headlamp
- Whistle
- Tents
- Water Filters
- Cooking Equipment
- Trail Meals & Snacks

### Optional/Recommended:

- Camera (H2O protection encouraged)
- Favorite Snack Foods (small amount)
- Lightweight Drinking Mug
- Campshoes (lightweight; e.g. sandals)
- Sun hat
- Camelback water bladder
- Sunglasses
- Bandana(s)
- Stuff sacks

### Essential personal items:

- 1 Pair of Hiking Boots or Hiking Shoes
- Medications (for allergies, etc.)
  **You must inform us if you take any medications.**
- 2 synthetic T-shirts
- 1-2 Long sleeve synthetic shirts
- 1 synthetic pants (zip-off preferable; NO jeans)
- 1 pair of synthetic shorts
- 1 **Hooded Rain Jacket** (No Ponchos)
- 1 warm fleece or down jacket
- 1 insulating long-sleeve shirt
- 1 insulating legs layer
- 3-4 of hiking socks (synthetic or wool)
- 3-4 of underwear
- 1 warm hat
- Personal Toiletries (Toothbrush, etc.)
- 2 Bottles for water (storage for 2 liters)
- Warm Gloves
- Small and lightweight face towel (4x4in)

### Small Bag for travel:

- 1 pair pants/shorts
- 2 shirts
- 2 underwear
- 1-2 socks
- Toiletries for shower