Recess
Backpacking
Sabine National Forest, TX
“Trail Between the Lakes”

Pre Trip Meeting:
TBD

Wed February 12, 2020
4:00PM   Depart OAC  
          *Dinner on the Road
8:00PM   Set Camp & Campfire

Thurs February 13, 2020
8:00 AM   Out on the Trail

Friday February 14, 2020
   On Trail

Saturday February 15, 2020
3:00 PM – Exit Trailhead
6:30 PM – Clean up at Rice

Registration closes February 9 at 4pm.

Wandering through Yellowpine Forests of East Texas, the Trail Between the Lakes stretches from the Toledo Bend Reservoir on the Louisiana Border to Sam Rayburn Reservoir in East Texas. A lightly travelled trail, we expect to enjoy a quiet and isolated trek beginning with a night at Lakeview Campground on the reservoir shore. The train extends 28 miles total and crosses numerous creeks and drainages but elevation changes are small or gradual. The trip is open to participants of all level, but good physical stamina is necessary to travel 7-10 miles a day carrying a 35 pound backpack.
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

### Necessary Personal Items
- 1 Pair of Hiking Boots or Hiking Shoes
- 3-4 of hiking socks (synthetic or wool)
- 1-2 synthetic T-shirts
- 1-2 Long sleeve synthetic shirts
- 1-2 synthetic pants (zip-off preferable; NO jeans)
- 0-1 pair of synthetic shorts
- 1 Hooded Rain Jacket (No Ponchos)
- 1 pair of waterproof pants
- 1 heavy fleece or down jacket
- 1-2 insulating long-sleeve shirt
- 1 insulating legs layer
- 3-4 of underwear
- 1 warm hat
- Warm gloves
- Personal toiletries (Toothbrush, etc.)
- 2 Bottles for water (storage for 2 liters)
- Small and lightweight face towel (4x4in)
- Medications (for allergies, etc.)

You Must inform us if you take any medications.

### Optional yet recommended
- Sunglasses (strongly recommended)
- Camera (H2O protection encouraged)
- Journal & Pen
- Cards/Game
- Favorite Snack Foods
- Lightweight Drinking Mug
- Campshoes (lightweight; e.g. sandals)
- Sun hat
- Camelback water bladder
- Bandana(s)
- Stuff sacks

### Small Bag for Travel
- 1 pair pants/shorts
- 2 shirts
- 2 underwear
- 1-2 socks
- Toiletries for shower
- Money for meals on the road
Please leave jewelry and other non-essentials at home.

**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 😊