Spring Break Backpacking
Pinhoti Trail, AL

Informational Meeting
Tuesday February 12
5:30 PM in Rec Classroom 160A

Mandatory Pre-Trip Meeting & Van packing
Sunday March 3
3:00-6:00 pm in the OAC

Make sure to bring all of your gear and trip clothes. We’ll discuss trip logistics AND pack the van with our food/clothes/backpacks/sleeping bags!
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*Itinerary may shift according to conditions.*

**Sunday March 3rd**
3:00 PM - Mandatory Pre-trip Meeting at OAC

**Friday March 8th**
1:00 PM – Meet at Outdoor Adventure Center
10:00 PM – Camp in Mississippi

*Dinner on the road* *

**Saturday March 9th**
6:30 AM – Breakfast
7:30 AM – Depart in van
1:00 PM – Start hiking!

*Lunch on the road* *

**Sunday March 10 – March 14th**
On Trail – Pinhoti Trail
Average 10 mi/day

**Friday March 15th**
4:00 PM – Exit trailhead
6:00 PM – *Celebratory dinner* *in town!*

**Saturday March 16th**
6:00 AM – Start driving
10:00 PM - Arrive at Rice!
11:30 PM – Finish cleaning up and unpacking bags

*Lunch & dinner on the road* *

ROPE is stoked to get to the mountains! Join us as we travel along the Pinhoti Trail, a long-distance hiking trail in the Southern Appalachian Mountains, and take in the 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.

The trail features streams, beautiful trees, and stunning ridge views! Registration fee covers food on trail, transportation, equipment, and associated recreation fees. **Participants cover meals while traveling on road to destinations.**
**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.

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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. 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

Small Bag for travel:

- Small duffel bag
- 1 pair pants/shorts
- 2 shirts
- 2 underwear
- 1-2 socks
- Toiletries for shower
- Clean shoes (or your camp shoes)

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)