

Backpacking

Great Smoky Mountains NP, TN

Trip Leaders:

Hannah G. & Audrey M.;



Registration closes February 27 5:00PM

Informational Meeting:

January 25 5:30PM – Outdoor Adventure Center

Mandatory Pre-Trip Meeting:

TBA



Backpacking Expedition

Great Smoky Mountains NP, NC



Itineraries may shift according to regional conditions.

Saturday, March 11th

AM Independent Travel to Atlanta Intl Airport (ATL).

Flight must arrive by 2PM

2:00PM Meet by Dunkin Donuts Baggage Claim Area

2:30PM Van Pick-up & Departure for camp

Sunday, March 12 – Friday, March 17th

On Trail – Great Smoky Mountains!

PM – Campground off-trail for showers and victory dinner

Saturday, March 18th

AM – Organize and pack for return flights

2PM – Earliest departure time from Atlanta

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. Cardio and strength training is advised.

Registration fee covers meals on trail, local vehicle transportation, equipment, and associated recreation fees. Airfare with 1 checked bag, sundries, & meals off-trail not included in registration fee. Participants will be checking their backpacks with personal and group equipment.

Established in 1926, Great Smoky Mountains National Park is comprised of ridge upon ridge of seemingly endless forest on the border between North Carolina and Tennessee. Called the Smokies due to the ever-present morning fog, this mountain range is world renowned for the diversity of its plant and animal life, the beauty of its ancient mountains, and its history of southern Appalachian mountain culture.

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 8-12 miles over rugged terrain, maintain composure during challenges.

-Learn and practice exemplary Leave No Trace philosophy and methods.

-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 often still winter in the mountains in March. You must also have NON-COTTON layers for your baselayer top and bottom, and hiking clothes.

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

Optional/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.

Small Bag for travel:

- 1 pair of pants
- 1 shirt
- 1 underwear
- 1 pair of socks
- Toiletries for shower
- Shoes (optional)

Essential personal items:

- 1 Pair of Hiking Boots or Hiking Shoes
- 3-4 of hiking socks (synthetic or wool)
- 1 Hooded Rain Jacket (No Ponchos)
- 1 warm fleece or down jacket
- 1-2 non-cotton T-shirts
- 1-2 non-cotton long-sleeve shirts
- 1-2 synthetic pants
- 0-1 pair of synthetic shorts
- 1 insulating long-sleeve shirt
- 1 insulating legs layer
- 3-4 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.
- Money for meals on the road (if applicable)

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!

[Register for the Trip!](#)