Fall Recess
Backpacking
Ouachita Mtns., National Recreation Trail, AR
Friday October 6 – Tuesday October 10, 2023

Leaders: Emma Larson and Eleanor Loden

Registration closes September 29 at 12pm or when capacity is reached.

Sunday October 1
Mandatory Pre-Trip Meeting 7:30PM – Rec Center Room 160A

Friday, October 6
*Eat Dinner before Arriving*
6:00PM Meet at OAC & Load Trailer
6:30PM Depart from Rice
Camp enroute

October 7
8:00AM Depart from campsite
3:00PM Arrive at trailhead
4:00PM ETA On Trail

October 8-10
*On Trail*

Tuesday, October 10
9:30AM ETA Off Trail
10:00-11:00 AM ETA Depart for Rice
*Lunch and Dinner Enroute*
7:30 PM ETA Back to Rice
8:30 PM Finish Clean-up & Trip Debrief

*Trail routes may change according to weather, terrain, and recreation conditions.*

The Ouachita National Recreation Trail stretches 223 miles from Talimena State Park in Oklahoma to just outside Little Rock, Arkansas. Winding through Ouachita National Forest, the western stretch traverses hardwood pine mixed forests dipping in and out of the Ozark Mountains. Aside from elevated views, the highlight of the trip will likely be where the trail follows the Kiamichi River. Referring to the French account of noisy birds, this beautiful river offers an excellent opportunity to explore a protected wilderness area. ROPE is excited to head out and wander between 20 and 30 miles of this great trail.

Registration covers transportation, outdoor equipment, meals on trail, and recreation fees. This trip is a disconnected offering. Cell phone use will be restricted.
# Gear Guide for Warm 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
- ✓ Trail Meals

### Necessary Personal Items:
- 1 Pair of Hiking Boots or Hiking Shoes
- 2-3 of hiking socks
  - (synthetic or wool)
- 1 Hooded Rain Jacket (No Ponchos)
- 0-1 fleece or down jacket
- 1-2 Long sleeve synthetic shirts
- 1-2 synthetic T-shirts
- 2-3 underwear
- 0-1 synthetic shorts
- 0-1 synthetic pants
  - (NO cotton)
- Personal toiletries
  - (Toothbrush, female hygiene, etc.)
- Bottles for water
  - (storage for 2 liters/64oz)
- 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)

### Optional yet recommended
- Sunglasses
  - (strongly recommended)
- Camera
  - (H2O protection encouraged)
- Campshoes
  - (lightweight; e.g. sandals/crocs)
- 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 pants/shorts
- 2 shirts
- 2 underwear
- 1-2 socks
- Clean footwear
- Toiletries & Towel for shower
- Small bag
  - (backpack or smaller)
*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 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!**