

Intro to Backpacking

4 Notch Loop Trail, Sam Houston National Forest
January 28 – 29, 2023



Registration closes January 26 at 12pm.

Schedule:

Thursday January 26

5:00PM Required Pre-Trip Meeting

Saturday January 28

9:00AM Depart from Rice
10:30AM Arrive at Trailhead
Backpack and Camp

Sunday, September 17, 2017

8:00 AM Breakfast
2:30PM ETD Depart for Rice
4:30PM Gear Check-in and Clean up

Sam Houston National Forest is a beautiful forested wilderness area just out of Houston, including foothill mixed hardwoods and cypress bayous. Sharing a section of the Lone Star Trail our loop will cover 12 miles in two days as we wander through the forest, across creeks, and through sandy ravines with a potential side track to the more isolated Neiderhofer Pond. Join us for a basic introduction to backpacking and camping basics, a great hike, and an escape from the hustle and bustle of life in Houston.

Gear Guide for Cold 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
- ✓ Meals on Trail

Optional yet 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.

Necessary Personal Items:

- 1 Pair of Hiking Boots or Hiking Shoes*
- 1-2 of hiking socks (synthetic or wool)
- 1 Hooded Rain Jacket (No Ponchos)
- 1 heavy fleece or down jacket
- 1-2 Long sleeve synthetic shirts
- 1-2 synthetic T-shirts (NO cotton)
- 1-2 of underwear
- 0-1 synthetic shorts
- 1-2 synthetic pants (NO cotton)
- 1 insulating long-sleeve shirt
- 1 insulating legs layer
- 1 warm hat
- Warm gloves
- Personal toiletries (Toothbrush, etc.)
- 2 Bottles for water (storage for 2 liters/64 oz)
- 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)
- Clean shoes for travel

*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 set of new expensive equipment; many items listed above you may already own as athletic or day-to-day apparel. Check with your friends for options to borrow or rent items too. Items that you choose to purchase may be available at low cost from mail order suppliers or your local outdoor specialty shop. Our primary 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!](#)