

Backpacking

**Lone Star Trail: Trailheads 11-14
Texas**



Pre-Trip Meeting : Outdoor Adventure Center

Monday February 14th 4-5pm

Trip overview, gear issue & fitting.

Trip Schedule

Saturday February 19th

6:30AM – Meet at the Outdoor Adventure Center

7:00AM – Depart in van.

8:30AM – Arrive at Trailhead #11. Begin hiking. (10 miles)

Sunday February 20th– On Trail

7:00 AM – **Wake up, hit the trail!**

12:30 PM – **lunch on trail**

PM – Arrive at Lone Star Trailhead #14 (8 miles)

7-9PM – Arrive back at Rice

45 Minutes after arrival – Finish Gear Check-in

Return times depend on day's timeline. Participants should anticipate an additional 30-45 minutes at Rice for gear check-in and cleaning.

The Lone Star Trail is the only long-distance National Recreation Trail in Texas. The trail runs 128 miles through the diverse forests of Texas including foothill mixed hardwoods and cypress bayous. The trail meanders through flat and gently rolling forests of pine, oak, and mixed hardwood in the Sam Houston National Forest, and cypress swamps and bayous of Big Thicket area in east Texas. The seemingly endless variation of forests, much of it designated wilderness, provides a retreat for backpackers and bird watchers year-round. This specific trip will cover 18 miles total and is ideal for both those with previous hiking experience looking to try out backpacking or experienced backpackers interested in trying out tarp/shelter packing. Previous hiking experience is highly recommended for this trip

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 yet recommended

- Sunglasses
- Camera (H2O protection encouraged)
- Journal & Pen
- Cards/Game
- Favorite Snack Foods
- Lightweight Drinking Mug
- Campshoes (lightweight; e.g. sandals)
- Sun hat
- Camelback water bladder
 - One-liter back-up bottle required.
- Bandana(s)
- Small lightweight hand towel
- Stuff sacks

Necessary Personal Items

- 1 Pair of hiking boots/shoes
- Medications (for allergies, etc.)
You Must inform us if you take any medications
- 2-3 of hiking socks (synthetic or wool)
- 1-2 synthetic T-shirts
- 1 Long sleeve synthetic shirt
- 1 synthetic pants (NO jeans)
- 0-1 pair of synthetic shorts
- 1 Hooded Rain Jacket (No Ponchos)
- 1 warm fleece or down jacket
- 1-2 of underwear
- 1 warm hat
- Warm gloves
- Personal toiletries (Toothbrush, etc.)
- 2 Bottles for water (storage for 2 liters/64 oz)
- Money for meals on the road.

*Appropriate footwear is essential towards facilitating an enjoyable experience on the trail. Participants may be hiking up to 10 miles each day carrying between 30-35lbs. Participants should contact trip leaders with footwear questions.

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. In addition, ROPE reserves the right to refuse involvement in the program to anyone who has not completed a COVID test through one of Rice's testing providers 3-6 days before the trip departure date and has received a negative result before the time of departure.

**Alcohol, tobacco, and recreational drugs
will *not* be tolerated on any trips led by ROPE. If you have
such items, do *not* bring them!**

