

Appalachian Trail Hiking Trip

August 5-11, 2012

WHAT WILL WE BE DOING?

We will be hiking and camping for five days and four nights along the Appalachian Trail in eastern Tennessee and western North Carolina. We will begin at the Nolichucky River in Erwin, Tennessee and hike forty-five miles north/east to Elk Park, North Carolina.

WHAT TO BRING:

(Tents and food will be provided)

- Hiking Backpack**
- T-shirts** (3) – *lightweight, avoid cotton, use synthetic fabrics*
- Shorts** (2 pair) – *lightweight, avoid cotton, jean and cargo shorts*
- Pants** (1 pair) – *lightweight wind pants are best, NO jeans!*
- Underclothing** (3 sets)
- Fleece or Sweatshirt** – *nights can get chilly*
- Lightweight Jacket** – *water proof*
- Hat**
- Sun Glasses**
- Hiking Boots** (1 pair) – *lightweight is fine. Remember: Traction/Support/Comfort*
- Socks** (3 pair of hiking/3 pair of athletic)
- Camp Shoes** (1 pair) – *flip-flops or sandals are best*
- Bug Repellant & Sunscreen**– *lotion, not spray*
- Rash Cream**
- Mole Skin** – *for blisters*
- Small First Aid Kit** – *band aids, ace bandage, etc.*
- Baby Wipes** – *small pack*
- Deodorant**
- Toothbrush & Toothpaste**
- Small Towel**
- Soap** – *small bottle of bio-liquid camp soap*
- Water Bottles & Clips** (32 oz. Nalgene)
- Water Filter** – *optional*
- Metal Coffee Cup & Spoon**
- Pocket Knife** – *optional*
- Waterproof Matches** - *optional*
- Whistle**
- Compass**
- Small Flashlight** – *with extra batteries*
- Toilet Paper** – *off the roll in zip loc bag*
- Small Bible & Pen** – *must have both Old & New testament*
- Sleeping Bag** – *small and lightweight*
- Sleeping Pad** – *optional*
- Playing Cards** – *optional*
- Snacks** – *energy bars, jerky, gum, etc...*
- Small Drink Mix Packets**
- Plastic Grocery Bag** – *for trash*

PACKING HINTS:

- Use zip-loc bags for everything possible to help keep it dry
- Less is more!
- Think lightweight!
- Everything must fit in your backpack. Leave room for food and your tent.
- Water bottles clip on the outside of your pack

Hotel/Overnight Bag:

(A small backpack or gym bag is fine)

- Shower Toiletries**
- Traveling Clothes** – *shorts, t-shirt, sneakers, etc.*
- Swim Suit** – *modest, one-piece*
- Money for Meals** - *\$25-\$30 is adequate*

WHAT NOT TO BRING:

(Not even for the van ride)

- Unnecessary Clothing, Shoes, Accessories, etc.
- Cell Phones, Ipods, CD Players, DVD Players, Video Games, Laptops
- Fireworks, Weapons, Drugs, Alcohol, Cigarettes
- Book or Magazines that are not consistent with a Biblical worldview
- Noise Makers or Laser Pointers

WHY CAN'T I BRING THESE THINGS?

We ask that you refrain from bringing these items in order to promote new friendships, renew old friendships, and to prevent teens from unintentionally isolating themselves from the group, hurting themselves and/or others, or offending someone who may have a different standard of appropriate music, movie content, or reading material. We want this weekend to be focused on building friendships, growing spiritually, and having fun. Your understanding and cooperation is very much appreciated. If you choose to bring any of these restricted items they will be confiscated and returned to you at the end of the trip.

GOT QUESTIONS?

If you have any questions about the packing list please feel free to contact Pastor Dan.

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