

“I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.”

--H.D. Thoreau

- ❑ Backpack (*internal/external frame; a school backpack ain't gonna cut it*)
- ❑ sleeping bag (*it will be cold...35 degrees*)
- ❑ waterproof boots (*if they don't say GOR TEX on them they are probably not: get some NICK WAX or a similar waterproofer today*)
- ❑ flashlight (**lightweight**) (*or headlamp*)
- ❑ extra pair of socks (*you will want either wool socks or fleece socks; cotton is not going to cut it*)
- ❑ extra t-shirt (*cotton is bad!!!*)
- ❑ **long underwear****
- ❑ wool or fleece sweater
- ❑ wind/waterproof jacket
- ❑ water bottle (*each person needs to hike in at least 1 quart*)
- ❑ tarp or tent (*if you have one, if not find someone who does or you might be in the rain*)
- ❑ ground pad
- ❑ hat/toboggan
- ❑ money for fast food Friday lunch and Saturday dinner
- ❑ gloves
- ❑ camera (*lightweight*)

General information for the fall 2003 trip:

- It is supposed to be about 50 degrees during the day and down to about 33 at night this weekend in North Carolina, and we will be on top of a ridgeline; so IT WILL BE CHILLY. If you get cold easily, make sure you bring enough clothing to stay warm...Also, if you do not have a good sleeping bag either get one or bring a light weight throw blanket to wrap around yourself in your bag.
- This is roughly a 11-mile hike on the Art Loeb Trail. That means you need to pack as **light** as you *possibly can* while making sure that you have everything you need. We will only be there one night so you really do not need a total change of clothes; stink is okay this weekend. However, do bring long johns because they are lightweight and warm.
- DO NOT BRING EXTRA FOOD OTHER THAN WHAT YOU ARE GIVEN. **WE WILL BE IN BEAR COUNTRY!!** THIS IS NOT A REQUEST; IT IS A REQUIRMENT!!
- We will be leaving Friday morning before school or soon thereafter. We will return between 6:00and 7:00 Saturday evening. Make sure your parent know that!!