

**“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*)
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- 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!!