

Sample Appalachian Trail Trip Itinerary (NOBO)**

Day 1: Sunday

No traveling today.

Today is your introduction to the trip and what BOLD&GOLD is! We (your trip leaders, and the Wilderness Director) will take you through the gear needed for your travels, what we'll be eating and the itinerary. We'll answer all of your questions, make sure you understand how to work with the gear you'll be using and more of the trip's nitty-gritty details. Get excited!

Day 2: Monday

Traveling from US 41, Under Mountain Road Parking to Mt Riga Shelter; Approx 3 miles

Today's the day we'll be packing up the vans and hitting the road for trail! The vans will be leaving camp between 10-11AM so that you can get plenty of time on the Appalachian Trail today! Have fun with your first full day on trail!

Day 3: Tuesday

Traveling from Mt. Riga Shelter to Brassie Brook Shelter; Approx 1.7 miles

It's a rest day! You'll be putting in the miles the next few days, so take this time to relax and get ready for the next leg of your journey tomorrow.

Day 4: Wednesday

Traveling from Brassie Brook Shelter to Laurel Ridge Campsite; Approx 4 miles

Your longest day on trail, but you've got this! This is also the day that you're going to summit Bear Mountain (which is such a cool experience). It's a good idea to get an early start to the day today in order to make sure that you can take breaks and get to camp at a good time tonight.

Day 5: Thursday

Traveling from Laurel Ridge Campsite to Glen Brook Shelter; Approx 3 miles

Today we'll be waving at you as you pass by camp! That's right, your meander today takes you past THE Plantain Pond and Camp Hi-Rock.

Day 6: Friday

Traveling from Glen Brooks Shelter to Jug End Road Dropoff; Approx 3.4 Miles

It's your last day on trail, let's make it a good one! We'll be picking you up at 11:00 AM today to bring you back in time for lunch (because let's be real, you've earned it after hiking so far!). After lunch you'll shower and de-issue gear and get ready for tomorrow's pickup.

Day 7: Saturday

No traveling today

Pickup today is from 9:30 to 11:30 am, where your people will get to come to camp and hear all about the wild stories and fun adventures that you've gone on this week! We can't wait to see you again next year.

**This is an example of what the trip may look like, but is not set in stone. Weather and other factors may create a need to change the itinerary from trip to trip.

**YMCA Camp Hi-Rock BOLD & GOLD
Hiking Expedition Packing List**



SAFETY: You will be living outside, so having the right clothing is important for your comfort and safety. There could be rain, hot sun, or strong winds on your course. Our clothing list reflects the importance of the “layering” principle. Dressing in several light layers rather than one heavy layer allows you more flexibility as the weather and workloads change. Please review this checklist carefully and make sure you have all the required items. There is very limited space in the vans and in your backpacks, so please bring only what is on this list.

SAVING MONEY: You do not need to buy all the gear at camping stores or specialty stores. You can find many of these items at a discount outdoor store or at thrift stores such as Goodwill. YMCA Camp Hi-Rock has limited quantities of most of the following gear to loan for personal use at no additional fee. If you don’t have something, note it on the Gear Rental/Clothing Loan Form that will be sent out to all families.

GROUP GEAR: BOLD/GOLD will provide all of the following group gear

Tents	Tarps	Reference Books	Maps
All Food	Compasses	Cooking Stoves	Water Jugs
First Aid Kits	Water Purification System	Repair Kits	Safety Equipment

GEAR CHECK: We will check your gear before we depart to make sure you have everything you need and nothing you do not. We may ask you to leave something behind to be stored at camp if we think it will be unnecessary or inappropriate.

ALCOHOL/DRUGS/CIGARETTES: No alcohol, drugs, or cigarettes are allowed during any time of our course. If such items are found in a student’s possession, it will be grounds for expulsion and immediate evacuation from the course at the family’s expense.

Why NO COTTON? Cotton is not a good fabric for the outdoors because it will not keep you warm when it gets wet and it takes a very long time to dry. Also, avoid any blends with cotton. PLEASE CHECK YOUR TAGS! Wool, fleece (aka pile), capilene, and polypropylene (100% polyester) are good fabrics for the outdoors!

Please feel free to contact us with any questions you might have regarding gear!

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Hiking Expedition Packing List

REQUIRED TRIP ITEMS			
Item	Quantity	Comments	✓
Sun Hat	1	Baseball cap or wide-brim hats work well.	
Warm Sweater or Fleece Jacket	1	Should be polyester, fleece, or wool.	
Hooded Rain Jacket	1	1 Hooded Rain Jacket: 100% waterproof, not water resistant!	
Rain Pants	1	1 Pair Rain Pants: 100% waterproof, not water resistant! Coated nylon or waterproof/breathable fabric.	
Short-Sleeve Shirts	2	2 Short-Sleeve T-Shirts: Synthetic (aka any athletic material!)	
Warm, Long Pants	1	Synthetic materials such as fleece or wool are best.	
Shorts	2	Nylon athletic or running shorts work great.	
Underwear	2-4		
Tall Socks	3	Wool or synthetic, must reach above the top of your boot.	
Swimwear	1		
Pack Towel	1	Not your typical beach towel, something that dries quickly and packs down small.	
Sturdy shoes	1	Boots WITH ankle support for hiking.	
Camp Shoes	1	Sandals or tennis shoes, something comfortable to wear at the campsite.	
Toiletry Kit	1	Includes: Toothbrush, toothpaste.	
Prescription Eyewear if Necessary	N/A	Don't forget your case and saline/cleaning solution.	
Personal Hygiene Products Such as Tampons or Pads	N/A		
Hiking Pack	1	Between 50-70L in order to carry all of the personal and group gear retired. Camp carries many backpacks to loan out, so don't feel like you have to go out and buy one!	
Synthetic Sleeping Bag with Stuff Sack	1	Should be rated to +25° or warmer.	
Sleeping Pad	1	A three-quarter or full-length open or closed-cell foam pad.	

Headlamp or Small Flashlight	1	Don't forget extra batteries!	
Water Bottles	2	Durable plastic or light-weight metal, Nalgene-type.	
At-Camp Clothes	2-3	You will have some days on-site at Hi-Rock, so feel free to pack a small bag that can be left at camp with clean clothes for when you return!	
OPTIONAL TRIP ITEMS			
Camera	1	Waterproof disposables work great!	
Watch	1	Recommended to be water resistant	
Journal & Writing Utensils	1	N/A	
Bandanna	1-2	A great alternative to a hat some days!	
Book	1		
Sunglasses	1	We recommend having a neck strap as well!	
Liners for Hiking Socks	3	They help prevent blisters & regulate moisture.	

PLEASE DO NOT BRING:

- Cell Phones, music players, or other electronic devices
- Pocket-knives, hatchets, or other sharps
- Lighters
- Jewelry or other valuables
- Make-up or perfume

Looking for ideas on where to purchase gear? There are a lot of options available which can be hard to sort through! As we mentioned above, buying used gear from places like Goodwill is a great place to start. Also consider:

- Looking at sites such as:
 - [REI Garage Sale](#), [Steep & Cheap](#), [The Clymb](#), and [Sierra Trading Post](#) to find discounted prices on brands with good reputations.
- Typically, clothing is labeled and distinguished by genders, but consider moving outside of those labels while purchasing clothing and gear for your trip. Products labeled 'women's' often have fewer styles available, often of lower quality, and aim to be fitted to the body. Products labeled 'men's' often have more styles that are technically focused, and easier to fit layers under. No matter your gender, shop through departments for a more well rounded idea of what's available to you.
- If you want more options, look through reviews at:
 - [Outside Magazine Online](#)
 - [Backpacker Magazine Online](#)
 - [Outdoor Gear Lab](#)

to get some great independent advice on what and how to buy gear! These sites use this stuff in the field to determine how it really works. This is especially recommended for gear such as **Hiking Packs and Shoes (both sandals and boots)** as they can help you find a personalized fit.