Backpacking Skills Weekend
Long Trail, VT
October 19th-21st, 2018

TRIP DESCRIPTION: The Long Trail runs length of the Green Mountains for 272 miles through the scenic State of Vermont from Massachusetts to Quebec, Canada. Along the trail one finds peaks, meadows, rivers and lakes between hiking shelters, small towns and rural roads. On this trip we will hike a small section of the Long Trail during the most colorful time of year! The trip is designed for beginner backpackers with lots of instruction in basic backpacking skills and Leave No Trace principles. This can also be a great trip for the experienced backpacker.

The Enriching Essential Learning Outcomes (E2LO) Initiative helps you build connections between the core outcomes that you achieve in the classroom and events and experiences that take place beyond it. The program you are attending is designed to enrich your student experience related to Social Responsibility and Ethics by exposing you to the concepts of Leave No Trace Outdoor Ethics. By attending programs like this your student experience may be enriched in a variety of ways! For information on E2LO events, experiences, rewards and scholarship opportunities please visit the UMass Lowell E2LO website.

COST: $35 for students/faculty/staff, $75 for guests

INCLUDED IN TRIP COST:
- Transportation—12 passenger van, unless otherwise noted.
- Equipment—with the exception of some clothing and personal items listed on the packing list.
- Entrance and Camping Fees
- Meals Sat Breakfast – Sunday Lunch
- Leadership & Instruction

REGISTRATION:
- Fill out an Online Waiver, Print and Fill out the Medical Questionnaire
- Register Online
- You can also register in person at the Outdoor Center, 5 Lawrence Dr.

PHYSICAL EXERTION LEVEL & PREREQUISITES: MODERATE
Participants will hike 3-7mi/5-11 km with the weight each participant carries ranging from 15-30lb/ 7-14kg. Trails may be rocky, uneven, uprooted, and include gradual switchbacks. Destinations may be a considerable distance from the nearest road. No previous experience is required, but good physical fitness is recommended. Participants can expect elevation change up to 500-2000ft/150-600m hiking over 3-5 hours for 2-3 days.

PRETRIP MEETING:
- Wednesday October 17, 7pm @ Bike Shop/ Outdoor Center. The pre-trip meeting is mandatory. Please contact us ASAP with schedule conflicts.

TENTATIVE ITINERARY: Due to the nature of outdoor trips, all itineraries are subject to change.
- Friday 10/19
  - Meet at Bike Shop/ Outdoor Center (Time TBD at the pre-trip meeting), Review Equipment, load up!
  - Bring money for dinner on road.
  - Drive to the trailhead, possible short hike, set up camp
- Saturday 10/20
  - 8:00 a.m. breakfast, packing instruction, get geared up, and begin hiking for the day
  - Through the day review leave no trace, hike, relax, explore, possibly summit a peak, lunch
  - ~5:00 p.m. make camp, eat dinner, relax
- Sunday 10/21
  - 8:00 a.m. Breakfast in camp, pack-up, begin hiking
  - Through the day review leave no trace, hike, relax, explore, possibly summit a peak, lunch
  - 3:00 p.m. Arrive at trailhead, head back to campus (lunch on the road, have $$)
PACKING LIST: The items on this list are required for your trip. Current temperatures and personal preference should be considered when packing. Wearing the same piece of clothing multiple times is OK on an outdoor trip, so do not over-pack...but at the same time, do not skimp on needed items. Please contact us if you have any questions or have trouble acquiring any of the items on the list, we may be able to help you out. A (*) denotes items that can be provided for you at no additional charge.

- Medical Questionnaire (Printed, Don’t Email), Complete online waiver.
- Beanie Hat (quick fix for chilly conditions, wool or fleece is best)
- Insulating jacket (fleece is ideal, should be compact and synthetic)
- Long underwear tops and bottoms (quick-drying material such as nylon or polyester required)
- Shirts (quick-dry material such as nylon or polyester is preferred)
- Synthetic Shorts and/or pants (dress for the cool temps...avoid cotton, quick-dry material is preferred)
- Underwear
- Hiking Boots or Athletic shoes (good tread and ankle support is a must for those rocky trails, no sandals of any kind while hiking)
- Hiking Socks (1 pair wool mid-weight hiking style are required, especially for wet conditions and blister prevention)
- Camp Shoes (to be worn around camp or in the van...athletic shoes or sport sandals are ideal—no flip flops!)
- Camp Socks (1 pair to wear around camp and while sleeping, separate from your hiking socks)
- Sunglasses (add a keeper strap for security)
- Camera (protective case is highly recommended)
- Personal medications (inhaler, epinephrine, etc.). Any major medications should be made note of on your Health Statement
- Personal medical insurance card
- Toiletries (if you wear contacts bring an extra set)
- Feminine hygiene products (bring a Ziploc for disposal)
- Money (food on the road and/or possible souvenirs)
- Book or journal (great for the van or down time on the trip)
- Hand sanitizer (keeping clean is a good thing)
- Insect repellent (no need for a huge bottle, personal size will be adequate)
- * Rain suit (jacket is a must, pants as well, as weather in the mountains can change suddenly)
- *Mess kit (plate, cup, eating utensils – a small plastic tupperware bowl and mug work great)
- *2 water bottles (quart size)
- *Sleeping bag (with proper temperature rating for the season, we use 0 or 20 degree bags)
- *Sleeping pad
- *Headlamp (you must provide 3AAA batteries if borrowing one of ours)
- *Backpack (5000 cu inches’ size preferred)

Note: We will distribute other equipment specific to the activity at the pre-trip meeting or on trip departure day. If you have any personal equipment (backpack, sleeping bag, etc.) that you would like to bring on this trip, please bring it to the pre-trip meeting so trip leaders can make sure it is appropriate for the needs of this trip

For further questions or information, please contact us:
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