WVU Outdoor Recreation Center Spring Break: Pisgah 2018

Come visit the Grand Canyon of the east! Get ready to explore the wild rocky balds of Western North Carolina. We will take 5 days to teach off-trail and on-trail navigation, backpacking living skills, and an introduction to outdoor rock climbing and take some amazing pictures along the way!

We will travel in 12 passenger vans with a maximum of 10 people in each van. Departure will be early on Saturday, March 10. We will start off backpacking on the 10th in Pisgah National Forest near Table Rock and will backpack for 4 days, rock climb for 2 days, and spend one day enjoying the historic town of Asheville, North Carolina! We will return to WV late afternoon, Sunday, March 18th.

Alcohol is not permitted during the trip due to safety and respect concerns. Although showers are available at some sites, there will not be showers every day of the trip, and unavailable during backpacking and climbing.

Total Cost of Trip $310

The cost includes: Camping fees, park entrance fees, transportation, trip gear, instructional fees, and food (road food dinners and 1 restaurant meal in Asheville is your responsibility).

(Extra money for eating out, road drinks, and souvenirs is recommended.)

Philosophy
The Outdoor Recreation trips program is focused on getting people outside to explore new places, gain skills, meet new people, and have fun. Skills and safety instruction are an integral part of every trip so that risks can be decreased and participants can participate actively in the trip and can go on their own trips in the future. Trips are offered to give WVU students, faculty, staff and their families a chance to gain experience in a variety of outdoor activities while exploring beautiful environments.

Risks
The staff at the WVU ORC is proud of their attention to risk management; however, we acknowledge that outdoor recreation/adventure activities have inherent risks associated with them. We make every effort to mitigate these risks, however we cannot ensure participant safety or eliminate all risks.

Previous Experience
Experience in an outdoor setting is not required. All activities require medium physical ability and are beginner friendly. No experience is necessary, although participants should expect to work at gaining proper skills for the activity as they are taught throughout the week.
Pre-trip Meetings
We are going to have a series of pre-trip meetings where we will discuss the skills and equipment needed in the outdoors. The pre-trip meetings are mandatory for all participants. This is to ensure that everyone is prepared. Topics covered will include:

- Trip Itinerary
- Participant expectations
- ORC policies
- Safety
- Clothing
- Cooking
- Equipment (tents, stoves, etc.)
- Group dynamics and team work
- Emergency procedures

Pisgah Spring Break Trip 2018

IMPORTANT DATES!!

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>02/26/18</td>
<td>6:00 pm</td>
<td>ORC</td>
<td>Pre-trip Meeting #1: Introductions, gear list, itinerary, expectations, etc.</td>
</tr>
<tr>
<td>03/5/18</td>
<td>6:00 pm</td>
<td>ORC</td>
<td>Pre-trip Meeting #2: Personal gear check, gear instruction, etc.</td>
</tr>
<tr>
<td>03/9/18</td>
<td>Morning to 6pm</td>
<td>ORC</td>
<td>Pack Trailer/ organize gear.</td>
</tr>
<tr>
<td>03/10/18</td>
<td>Early a.m.</td>
<td>ORC</td>
<td>Depart for trip</td>
</tr>
<tr>
<td>03/18/18</td>
<td>Late Afternoon</td>
<td>ORC</td>
<td>Return from trip</td>
</tr>
<tr>
<td>03/19/18</td>
<td>After return</td>
<td>ORC</td>
<td>Clean up group equipment Turn in borrowed ORC personal gear</td>
</tr>
</tbody>
</table>

All meetings are mandatory!!!!
If you miss a meeting you must reschedule the time to get information from the Trip Leaders.

If more than 1 meeting is missed you will forfeit your spot on the trip and lose all money!!!!!
# Pisgah Spring Break Trip

## Itinerary

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Daily Itinerary</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>03/9</td>
<td>Gear to ORC – Pack Vans</td>
</tr>
<tr>
<td>1</td>
<td>03/10</td>
<td>Depart from WV. Arrive in Pisgah Nat Forest for Backpacking/camp1</td>
</tr>
<tr>
<td>2</td>
<td>03/11</td>
<td>Intro to off-trail travel/Off-trail practice, break camp, hike to camp 2</td>
</tr>
<tr>
<td>3</td>
<td>03/12</td>
<td>Backpacking Day 2, on-trail nav 1 camp 3</td>
</tr>
<tr>
<td>4</td>
<td>03/13</td>
<td>Backpacking Day 3. On-trail nav 1 + off-trail nav 2, camp 4</td>
</tr>
<tr>
<td>5</td>
<td>03/14</td>
<td>Hawksbill summit morning, light packs. Resupply, hike to climbing camp, camp 5</td>
</tr>
<tr>
<td>6</td>
<td>03/15</td>
<td>Climbing Day 1: Top and Bottom belaying at The Chimmneys/Intro climbing day</td>
</tr>
<tr>
<td>7</td>
<td>03/16</td>
<td>Climbing Day 2: Top/Bottom belay practice, Rappels, etc.</td>
</tr>
<tr>
<td>8</td>
<td>03/17</td>
<td>Climbing Day 3: More Climbing Skills/ Visit NCOBS leadership, head to Asheville</td>
</tr>
<tr>
<td>9</td>
<td>03/18</td>
<td>Breakfast at local restaurant, brief town day/shopping, depart and Return to WVU</td>
</tr>
<tr>
<td>10</td>
<td>03/19</td>
<td>Help clean gear</td>
</tr>
</tbody>
</table>

**Schedule is subject to change**

## Equipment

Due to the ever-changing weather and the variety of environments we will be traveling through, we must require everyone have certain equipment. This is personal equipment that we **cannot** supply. One of the trip leaders must inspect it before the trip. There is a specific list of gear attached to this packet.
WVU Outdoor Recreation Gear List

Pisgah Spring Break Trip

The following list is what you are responsible for bringing on the trip. These items are necessary in order to be prepared for your outdoor experience. We will be in Florida for most of the trip, but we will also be camping in South Carolina where the weather may be cold. If you do not have a specific item, let the trip leader know at the pre-trip meeting and he/she will try to find something appropriate from our borrowed clothes bin.

There is limited room in our trailer so you will not be able to bring more than can fit into an 18 gallon Tupperware container and a carry on day pack.

Head
- Brimmed hat (for sun protection)
- Wool or synthetic cap/beanie for warmth

Upper Body
- T-shirts cotton: 2, one for travel down/up and one for Town day. NOT FOR THE BACKCOUNTRY
- Short sleeved shirts: non-cotton, synthetic or wool only (3)
- Lightweight to midweight synthetic long undershirt - polypropylene, or other hydrophobic, wicking fabric (2)
- Light to medium weight pile fleece jacket/wool sweater - (ex. Polartec 100™) for warmth. This item should actively produce warmth when you put it on, this is an insulating/warming layer. NO COTTON
- Wool or synthetic warm mitts or gloves – Pisgah can be chilly in the spring
- Big Puffy warm jacket (synthetic fiber or down feathers) for evenings around camp or climbing site if windy

Lower Body
- Underwear as needed.
- Lightweight Synthetic/Wool long underwear bottoms - polypropylene, or other hydrophobic, wicking fabric. For warmth (2)
- 1 pair long hiking pants, synthetic materials (No jeans. No Cotton).
- 1 pair synthetic hiking shorts, in the event that Pisgah is warm.
- 1 pair thick warm fleece pants, medium weight pile/wool – (ex. Polartec 100™) for warmth.

Feet
- 1 pair of camp shoes or sneakers (Crocs optional, but must be closer toed and with heel strap)
- Socks as needed - some synthetic
- 1 pair of sturdy above-ankle waterproof hiking boots (we can lend a limited quantity, but preferred if you own your own). Synthetic or full-grain leather
Rain Gear
- Lightweight to Midweight quality rain jacket (ex. Gore-Tex™) - Pisgah can be windy and rainy in the mountains
- Waterproof rain pants or rain chaps - coated nylon or waterproof/breathable fabric (optional)

Miscellaneous
- 2 one-quart water bottles or canteens
- 1 cup with handle
- 1 bowl
- 1 spoon, fork, knife
- 1 bandanna: multipurpose
- 1 headlamp suggested with fresh, alkaline batteries.
- 1 set of extra batteries
- Small to Medium sized thermos for carrying hot drinks through the day.
- 1 towel (for road travel/final camp with showers)
- 1 from country toilet kit: Just the essentials, washcloth, small soap, shampoo, toothbrush and toothpaste, sunscreen, lip balm, insect repellent (no aerosols please).
- 1 pair of sunglasses or clip’ons
- 2 pairs glasses or contact lenses (if needed): If you wear contact lenses and will have difficulty cleaning them in the field it is suggested that you bring glasses instead. Please bring an eyeglass safety strap for your glasses.
- Any medications you will need to take during the trip (allergy medications etc.)
- 1 camera (optional)
- 1 · 18 gallon Tupperware container to store clothing and gear

Clothing for the ride home
We will try to find a place to shower prior to starting home. Bring one change of clothes that can be kept clean for the ride home.

WVU Outdoor Recreation has the following personal gear for you to use, but you may bring your own if you have them.
- Sleeping Bag (winter rating or 35-40 degree)
- Sleeping Pad

WVU Outdoor Recreation is providing the following group gear. Please do not bring your own.

- Tents
- Tarps
- Stoves
- Food and water containers
- Pots, Pans, and Utensils
- Coolers
- Water Purification