

**Title: Backpacking for the Adventurous Woman
Beginner – Intermediate – Advanced**

Trip Size: 6 women

Age Restrictions: Any young woman under the age of 18, who wants to participate, must obtain permission from the trip leader prior to signing up for this course.

Physical Restrictions: Each woman should be able to carry the weight of their own backpack, with gear, for several hours and/or several miles.

Trail Restrictions: This course may be altered due to weather and/or trail conditions.

Trip Description: This trip is designed for all women, who have the desire to explore, to learn and to share with others, the fundamentals of backpacking as a female. This course is for Friday night and will last until approximately 12:00 noon the following day.

Friday Night: Our adventure will begin at the Caveland Lodge Lobby (time TBD). We will weigh our packs and discuss our **Comfort Zones**, before setting off into the woods for a **Night-Hike**. This one mile hike will lead us past the Smokey Bridge, to our **Shelter**, where each woman may choose to tent outdoors or sleep in a four sided bunkhouse. This evening, each woman will participate in **Fire Building** and **Backcountry Cooking** as we prepare our dinner. Finally, we will relax in front of a campfire and share our own adventure stories with one another.

Saturday Morning: After a good nights sleep and a hearty breakfast...our **Shuttle**, will drive us to the Horn Hollow Trail. We will, **Slackpack** this two mile loop, which runs through Cave Valley Branch, ascends into Horn Hollow Valley and passes a number of cave entrances. While making our way for yet another mile down the Three Bridges Trail, to one of the beautiful Park Cottages, we will discuss and partially construct a **Wilderness Shelter**. At the cottage, we will take a classroom break. Some of the topics for discussion will include, **Personal Hygiene, Safety on the Trail** and **The Ten Essentials for Backpacking**. This course concludes at the cottage.

Women's Backpacking Gear List

Backpack
Pack Cover
Tent w/Stakes, Poles & Footprint (if you choose to tent outside)
Sleeping Bag
Sleeping Pad
Stove w/Fuel
Cook Pot
Utensil for eating
Food (See Below)
Sunglasses & Lip Balm
Light Sources – Headlamp & Flashlight (remember we are hiking in the dark...)
First-Aid Kit (safety pins, band-aids, pain reliever, personal medicines, etc.)
Toiletries (toilet paper, hand sanitizer, handi-wipes, toothbrush, etc.)
Matches and Lighter
Water Bottles or Hydration System (water bladder)
Camera
Small Notebook with Pen or Pencil (if you care to take notes)
Credit Card, small amount of Cash and ID...for just in case

Clothing

NO COTTON clothing items please...

Base Layer - Wicking Long Sleeve Shirt
Wicking Long Underwear (sleepwear)
2-3 Pairs of Wool Socks
Gloves, Hat, Scarf or Balaclava
Waterproof Boots suited to terrain
Insulating Layer - Wool Sweater or Fleece Pullover
Outer Layer - Windproof and Water-Resistant – Jacket and Pants

Food

The trip organizer will provide the Friday evening dinner for all...so come hungry...

Each woman is responsible for their own Saturday morning breakfast, energy snacks, filled water containers, energy drinks and a Saturday lunch.

Please contact the trip organizer if you have any food allergies or restrictions.

Highly Recommended Gear

Ear Plugs

Trekking Poles or similar Walking Stick to help with balance
Gaiters
Ice Cleats, Yaktrax or similar Ice Grippers for the boots

Tips & Notes

Visit your local Thrift Stores for your Clothing needs. (ex. Wool Sweaters, Fleece Pullovers, Down Jackets, etc.)

The Trip Leader has some gear to loan out for this trip. It is on a “First Come, First Serve” offer. Please contact me at yvonne.entingh@gmail.com to inquire what is available.

For those needing gear, check with your local outfitter stores or nearby colleges for possible rentals.

<http://www.ohio.edu/recreation/rental/>

<http://www.greeneearthoutdoors.com/gearrental.html>

<http://www.wright.edu/crec/index.html?programs.html?panel=3>

Please visit this site for a full weather report.

<http://winteradventureweekend.com/weather.shtml>