Spring Break Appalachian Trail
Maintenance Trip
Date: March 8-13, 2015
Location: Appalachian Trail around Natural Bridge, VA
Price: $120
Registration Deadline: Wednesday Feb. 25
Pre-trip Meeting: March 5 @ 7:30

Personal Preparation
Tribe Adventure Program trips are designed for both beginners as well as people that may be more than experienced. We advise people to take their physical condition seriously. Trips can be very physically demanding. In order for everyone to get the most enjoyment out of the trip, being physically fit is a crucial part of this experience.

Transportation
We will meet at the rec at 8am on March 8 and travel in a 12 passenger van.

Expedition Behavior
Expedition behavior means taking care of yourself and other group members. It means staying hydrated, not unnecessarily endangering yourself, and communicating personal concerns to trip leaders. Characteristics such as respectfulness, flexibility, tolerance of others, courtesy, direct communication, self-awareness, and teamwork become critical when traveling in small groups in remote areas. Proper expedition behavior can be the difference between an average experience and a great one!

Participant Responsibilities
We expect our participants to complete all health forms and sign all waivers. Participants are required to attend all Pre-Trip meetings. Be prepared mentally and physically for the trip; even though most people only think of the trip being physically hard it can be mentally just as hard. The TAP staff also expects that all participants will obey all policies set forth by the Land Management Agencies (State Parks, National Parks, National Forests, BLM), the Honor Code as well as policies made by our staff for your safety. As a participant of a TAP trip, you agree to respect others that may be on the trip. And most of all we expect that each participant has an amazing trip that is full of fun and great memories.

Smoking, Alcohol & Cell Phones
In the spirit of expedition behavior, please do not bring alcohol or illegal substances or items on the trip. Cigarettes are acceptable at established areas but are not allowed to be used in vehicles. We would encourage you not to smoke on this trip and to respect other participants if you choose to smoke. Further, please be respectful of other participants with cell phone use. We ask that cell phones not be used in vehicles or at the activity site and when used, please use away from the group.

What is provided by TAP?
TAP provides all transportation, leadership, equipment rental, and instruction. The trip cost does not include personal clothing or meals traveling to and from the activity site.
Cancellation Policy
All trip balances are due at sign-up. Notice of registration cancellation must be in writing one business day prior to the registration deadline in order to receive a refund. Refunds will be less 20% of the full registration fee or $20.00 (greater amount) as a cancellation fee. No refunds will be issued after the registration deadline. Requests to transfer from one trip to another will be considered a cancellation.

Contact Us
Tribe Adventure Program
757-221-2687
http://www.wm.edu/rec/tap

Personal Gear Checklist
Clothing:
Hiking boots or sturdy sneakers
Closed-toe camp shoes
Socks (3-4 pairs)
2 Base layers (long pants and long sleeve shirts)
Insulated jacket or pullover (fleece or wool)
Warm jacket
Rain jacket and rain pants
Warm hat
Underwear (3-4 pairs)
Bandanna
Work gloves

Camping Equipment:
Sleeping Pad*
Sleeping Bag (at least 15 degree)*
Bowl, Spoon, Mug
Water Bottles (2 Liters)
Backpack*

Toiletries & Miscellaneous:
Toothbrush and toothpaste
Space contacts and glasses
Feminine Hygiene products
Sunscreen*
Bug repellent*
Flashlight or Headlamp
Personal Medications
Money/Credit Card
Optional Items:
- Camera
- Small Pocketknife
- Watch
- Book

**Equipment Provided by the Outdoor Recreation Program:**
- Tents
- Stoves and fuel
- Pots and cooking utensils
- Water Purification system
- First Aid Kit
- Maps
- Trowel and toilet paper
- Food!

*Items marked with an asterisk* are available from the Tribe Adventure Program

**Packing Considerations**
Potentially cold weather is possible.

**Cotton Clothing**
Cotton clothing is not an appropriate choice for active use or for enduring a rain shower. When wet from perspiration, rain, or falling in the water, cotton does not dry quickly or maintain its thermal properties like synthetic clothing. Wearing wet cotton clothing can easily lead to hypothermia which is a dangerous condition. While synthetic clothing can be expensive, there are affordable options. We highly recommend that you bring as much synthetic clothing as you can, especially base layers.

**Itinerary**

Sunday March 8: Leave in the morning
  - Drive to the site
  - Hike in and set up camp
Monday March 9-March 12
  - Work with the Appalachian Trail Club
Saturday March 13
  - Break down camp
  - Hike out and drive back to campus