Shenandoah Valley Backpacking
Date: 3/20-22/2015
Location: Shenandoah Valley, Blue Ridge Parkway.
Price: $25
Registration Deadline: Friday, 3/13/2015
Pre-trip Meeting: Tuesday, 3/17/2015 @ 7:30pm in the SRC TAP room/Climbing Wall

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
All transportation will be provided by TAP in Campus Recreation vehicles.

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/shoes
Closed-toe camp shoes
Socks (2-3 pairs)
Shorts (1-2 pairs)
Short-sleeve shirt (1-2)
Long pants
Long-sleeve shirt
Insulated jacket or pullover (fleece or wool)**
Rain jacket and pants
Hat with brim
Stocking cap
Underwear (2-3 pairs)
Sunglasses
**It will most likely be chilly, especially at night. We will address weather-specific considerations at the pre-trip meeting, but bring clothing appropriate for the climate and elevation.

Camping Equipment:
Sleeping Pad*
Sleeping Bag (at least 30 degree)*
Bowl, Spoon, Mug
Water Bottles (2 Liters)
Backpack*

Toiletries & Miscellaneous:
Toothbrush and toothpaste
Space contacts and glasses
Feminine Hygiene products
Sunscreen
Bug repellant
Flashlight or Headlamp
Personal Medications
Money/Credit Card

Optional Items:
Camera
Small Pocketknife
Watch
Compass*
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

*Items marked with an asterisk* are available from the Tribe Adventure Program...please contact us!

Packing Considerations
Backpacking involves carrying all of your equipment, including tents and food, at all times. Do not sacrifice preparedness but pack light.

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
Fri 3:00pm- Arrive at the Rec Center
Fri 3:15pm- Depart W&M
Fri 6:00pm- Arrive at parking area/blue ridge parkway. Hike to campsite. Cook dinner. Sleep.

Sat 8:00am- Awaken, break fast
Sat 9:00am- Begin to hike.
Sat 4:00pm- Finish hiking. Set up camp. Eat dinner. Sleep.

Sun 8:00am- Awaken, break fast
Sun 9:00am- Hike to the vans.
Sun 10:00am- Depart for W&M
Sun 1:00pm- Arrive at W&M