

GW ADVENTURE BOUND

BACKPACKING



DAY ONE (Friday, August 19th)

- ALL DAY: Move into your residence hall (home sweet home!)
- EVENING: Meet your student guides for the trip, staff or faculty learning partner, and all the other first year students attending the trip. We'll also look over what you are packing and fit you for any gear you're borrowing.

DAY TWO (Saturday, August 20th)

- MORNING: Wake up bright & early to hit the road towards Shenandoah National Park.
- AFTERNOON: Arrive at Shenandoah National Park and start hiking the Appalachian Trail towards night one's camp. Stop on the trail and enjoy a classic backpackers lunch!
- EVENING: Reach the campsite and settle down to cook dinner and learn camping cooking techniques. Break into small groups then rejoin to tell spooky stories under the nighttime sky.

DAY THREE (Sunday, August 21st)

- MORNING: Wake up bright & early, repack packs and cook breakfast! Get ready to hike towards the next campsite on the Appalachian Trail.
- AFTERNOON: Travel along the AT and relax to rest and have lunch. Admire the natural splendor that the AT brings and bond with fellow students.
- EVENING: Dinner, campfire, small groups, and of course S'MORES!

DAY FOUR (Monday, August 22nd)

- MORNING: Wake up bright & early, ready for another glorious day outside! Eat a hearty breakfast to prepare for our last full day on the trail!
- AFTERNOON: Hike the AT and take plenty of opportunities to admire the views, eat plenty of snacks and enjoy your perfected trail lunch!
- EVENING: Last dinner on the AT (for now), small group, and campfire songs!

DAY FIVE (Tuesday, August 23rd)

- MORNING: Wake up and pack for the final stretch of the trip. Eat breakfast and get pumped!
- AFTERNOON: Travel down the AT, stopping to eat lunch along the way. Finish the hike and ride back to campus.
- EVENING: Arrive back to campus and return any borrowed gear.

This trip is geared towards students who have prior hiking and/or backpacking experience. We will be hiking approximately 35 miles on moderate terrain over the length of the trip!
If you are unsure if this trip is the right trip for you, we are happy to discuss it with you!

This is a sample itinerary. Changes may occur with program updates. Participants will receive an updated itinerary closer to departure dates.