

2023 Adult Hiking Retreat

Great Smoky Mountains National Park, TN/NC

- ✓ Fly into & out of Nashville, TN airport (BNA)
- ✓ PICK UP at airport or nearby hotel: **Monday June 12** (*no later than 1pm*)
- ✓ MEET (if driving): for an evening meal on Monday June 12 at campground.
- ✓ RETURN to airport: **Saturday June 17** (*consider: we will camp 2 hours away from the airport & then drive in on Saturday*)

TASK LIST: in advance of the retreat

- ☐ Communicate early about flight plans; when in doubt if timing will work, ASK before you buy.
- ☐ Registration, Health, & Liability forms filled out and returned to **Into the Deep** with down payment.
- ☐ Get your muscles moving and break in your hiking boots
- ☐ Hydrate yourself well before the trip: at least ½ your body weight in ounces per day, more with exertion.
- ☐ **Medications** in Ziplocs (please bring in original containers but only as much as needed).
NOTE: we have a well-stocked group First Aid kit; no need to bring duplicates of the basics.
- ☐ Please carry your medical insurance card and driver's license!
- ☐ Set up "out of office" replies for cell phone & email: expectation of no electronics.
- ☐ Money for souvenirs/gifts, airport food, etc.
- ☐ OTHER:

CONSIDER MINIMAL QUANTITIES:

- **You will be sharing van and tent space.**
- **Plan on 5 nights of camping and 3 full days of hiking with (hopefully) a cave tour!**
- **Temps are usually between 60 and 90 degrees at this time of year; Mammoth Cave is always 54 degrees! Bring items of clothing that can be LAYERED over each other (*test them, don't assume*)!**

CHECKLIST: please do not ignore anything on this list unless it is marked as 'optional'

- ☐ **Thermal mug (12 oz, wide mouth, with handle)** - *to eat breakfast foods...put your name on it!*
- ☐ **3 liters: water bladder(s) or bottles** – *durable plastic...put your name on them!*
- ☐ Small flashlight / headlamp + batteries
- ☐ Good raincoat (*test moisture repellency!*)...**no plastic ponchos!**
- ☐ Optional: rain pants (*we will hike rain or shine; full zipper up sides is most convenient*)
- ☐ Hat with brim to protect from sun/bugs (*I.D. can provide a bug headnet upon request*)
- ☐ Sunglasses (*optional but helpful: high UV protection & polarized*)
- ☐ Hiking boots or sport shoes suitable for hiking on uneven terrain (*ankle support is helpful*)
- ☐ Close-toed water shoes for wading/swimming (?), the drive, and around camp (*no flip-flops*)
- ☐ 2 pair wool socks for hiking (*cotton not recommended*)
- ☐ Optional/personal preference: thin pair socks for under heavier socks to avoid blisters (*not cotton*)
- ☐ Optional: synthetic underwear (*will wick moisture & prevent chaffing*)
- ☐ Shorts (*no "short-shorts"*)
- ☐ Long pants (*no leggings*) - *quick-dry material recommended (nylon, etc.); can be used as sun/bug-block. Zip-off legs are handy!*
- ☐ Short sleeve t-shirts (*no tank tops*)
- ☐ Long sleeve t-shirt (*serves as evening layer or daytime sun/bug-block*)
- ☐ 2 warm layers: fleece jacket, vest, etc. that can fit over each other (*sweatshirts not recommended: bulky & slow to dry*)

NOTE ABOUT COTTON: *will not dry quickly and will tend to cause chaffing, discomfort, or chills.*

SLEEPING: each tent holds 3-5 participants

- ☐ Sleeping bag (*good to approx. 50°*)
- ☐ Closed cell or insulated sleeping pad (*can rent from I.D. for \$10*)
- ☐ Pillow; you can also roll up a fleece or sweatshirt
- ☐ Optional: flannel sheet “sleep sack” to line sleeping bag (*great by itself if hot / adds 10° warmth if cold*)
>Make your own: use a thin / light double flat sheet folded in half and sewn across the bottom, plus 1 / 3 up the side.
- ☐ Modest, versatile sleepwear (*for potential of warm or cooler nights*)
- ☐ Optional: warm, dry socks designated for sleeping (*sweat from the day can chill your feet*)
- ☐ Optional: light hat & gloves, long underwear tops & bottoms (*use these for sleepwear / mornings / evenings. Especially wise if you tend to get cold or your sleeping bag is thin*)

STAYING CLEAN: showers are not available until our last night and soap / shampoo are not allowed in streams

On some level, participants will have to accept that they will not be perfectly clean while enjoying the great outdoors, but we also won't be neglecting ourselves! ☺ A few good tricks to consider:

- ☐ Bringing synthetic clothing (athletic shorts, t-shirts, & under garments) allows participants to both hike and splash around (waterfalls & streams) without changing clothes; both clothes & skin get rinsed together!
- ☐ If you bring a swimsuit: ladies, one piece or tummy-covering tank style / guys, no Speedos ☺
- ☐ Bring a washcloth to scrub over your skin when wading. In particular, NORWEX brand microfiber body cloths are made to be used with just water – effectively wiping things that cause odor off your skin. **Into the Deep** will order one with your embroidered initials upon request.
- ☐ Bandana: can serve as a washcloth, to cover head / hair, to keep neck cool / warm, etc.
- ☐ Towel (*compact / medium size*)
- ☐ Personal Toiletries (*travel size & ideally unscented, put in Ziploc*)
- ☐ Feminine hygiene products (*no fear - a special instruction sheet will be sent to you!*)

OTHER ITEMS to CONSIDER:

- ☐ Walking poles for balance: *I.D. has a few to lend*
- ☐ Pocket knife, whistle, compass
- ☐ Camera / batteries / memory card (*group camera is available; please, no phones*)
- ☐ Rosary, journal, pen, breviary (*copies of Night Prayer will be available for the group*)
- ☐ Book, travel games, cards, etc. (*bring non-electronic, mini versions!*)
- ☐ Musical instruments welcome
- ☐ Camp chair
- ☐ Favorite electrolyte & energy snacks (*must be stored with group food and never in tents*)

CREATE YOUR DAYPACK: have with you in the van and for hikes, *separate from your other stuff*

- A school-size “bookbag” / backpack will be fine for day hikes
- 3 Liters of water (note the hot weather potential & that more body weight needs more water)
- In Ziploc: inhaler / medicine
- Driver's license & medical insurance card
- Headlamp / small flashlight
- (Rain) jacket
- One warm layer
- Sunglasses, hat to block the sun, sunscreen & lip balm
- Optional: pocket knife, compass, whistle
- Optional: camera