



## Camp Bays Mountain Appalachian Trail Trek 2024

We will backpack 43 miles from Carvers Gap to Hampton, TN. over three nights and four days, summit a peak over 6,000' in elevation, traverse five high elevation balds, cook our own meals, learn outdoor skills, and share time around the fire together while creating a AT hiking community and spending time with God in the Word.

### Schedule:

Sunday – Arrive at Camp Bays Mountain at 4:00pm to check -in and move to a cabin. Participate in normal camp activities and do a pack check making sure everyone has the proper gear.

Monday – After morning worship we will drive to Carvers Gap and begin our trek. On this day we will hike 8 miles near Little Hump Mountain and set up camp. You will hike over Jane Bald, Round Bald, and if we have time, we will hike up to Grassy Ridge Bald and possibly Yellow Mountain Bald.

Tuesday – We will tackle 13 miles today summiting Big Hump Mountain and then drop down toward our next campsite and see a waterfall.

Wednesday – More views, hiking, and waterfalls. Our last night on the trail will be at a campsite as far as we can make it but with a goal of 11 more miles.

Thursday – Breakfast, lunch and 11 more miles until ice cream awaits us in town. Back to camp for a shower, dinner at Camp, skits, and our last campfire.

Friday – Regular camp activities until lunch, pack-up and head home at 2:00.

### Other Details:

- 45 miles in four days and three nights all on the Appalachian Trail
- We will do the trip rain or shine. Be prepared for hot, cool, rain, wind, bugs, etc.
- Camp provides all the food except for your favorite snacks (bring those)
- Jeff Wadley, our director is the trek leader along with a counselor
- Maximum of five campers with our two staff
- Camp staff will drive us to the drop off point and the pickup point

### What to bring:

Bring these things to *leave at camp*- two changes of clothes, extra shoes, towel, pillow, toiletries, and swim wear.

Bring these things for the backpacking trip – backpack, light weight sleeping bag, small tent or a tarp and hammock, sleeping pad (inflatable or closed cell foam), raincoat or poncho, small first aid kit, headlamp, light jacket/fleece, change of underwear and socks, extra shirt, spoon, cup, bowl, minimal toiletries, boots or hiking shoes, water bottle. Bring your favorite snacks for four days. You do not have to bring them, but trekking poles are helpful.

We will inspect everyone's pack on Sunday to make sure no one overpacks or that no one forgets anything important. We will have extra gear if we need to swap something to make the trip more enjoyable. REMEMBER- the participants will carry their own gear plus an equal share of the crew's food and fuel! Pack accordingly!

### **Suggestions:**

We have found that hiking shoes are more comfortable than heavy boots. Merino wool socks (brands such as Smartwool, Darn Tuff, etc.) are super comfortable. If attending with a friend, they may want to share a tent, thus share the load. No need to buy a huge backpack...just borrow one rather than spending a lot of money or rent one from a local outfitter. Make sure it has a hip belt. You really do not need to take a change of clothes for each day on the trail. We recommend just bringing one extra shirt (synthetic material will be better than a cotton tee shirt). No jeans please (they are very uncomfortable and heavy if they get wet)!

If campers want to bring a camera that is awesome. A cell phone is OK, but we will insist that they keep it off except for taking videos/pictures. We will talk about that on Sunday again.

IMPORTANT – make sure you can set up your own tent or tarp/hammock prior to arriving at camp. Make sure you have adequate stakes and lines.

### **Emergency Plan:**

Our leader is a Wilderness Emergency Medical Responder with 45 years of experience in search and rescue. He has hiked this section of the AT three times and knows where to set up camp, get water, what to do in case of a thunderstorm, and how to lead a group in the backcountry. There are several places to bail out if we are in dangerous storms or if someone gets injured or becomes ill. The leader (and assistant) will have their cell phones and an Emergency Signal Device (personal locator beacon).

### **Food:**

We will have five meals at camp before/after the trip. The remainder will be cooked by the crew in the backcountry over a backpacking stove and/or a fire. Below are probable meals/items:

#### *Breakfasts:*

Bacon, oatmeal, English muffins, bagels, pop tarts, fruit, hot chocolate

#### *Lunches:*

Jerky, GORP, fruit, crackers, peanut butter (if no one is allergic to it), jelly, candy/granola bars

#### *Dinners:*

Mountain House dehydrated meals, soups, and other types of cooked food

How will we get water? CBM will provide a water filter. We will not drink directly from a stream. Participants will need to bring a one-liter water bottle that does not leak.

Bring your favorite snacks for Monday-Thursday to eat in between meals.

### **Bathroom:**

You guessed it...there are **no toilets** in the backcountry. We will be doing our business in the woods. We will bring a small trowel, toilet paper, and hand sanitizer to use. Also, be prepared that we will **not be showering** Tuesday or Wednesday. We will Monday morning and Thursday back at camp.

### **“What if I get started and cannot finish?”**

Well, we have a problem. There are a few places to get off the trail on day two and three and we would have to call basecamp for a ride. It may take several hours to get off the trail. Our suggestion is to be fit and ready to participate fully in the trip. If everyone is having a tough time, we will decide to bail together and will call for a pick-up at the nearest trail/road crossing.

### **Paperwork and Forms:**

Complete the Camper Health Form which is also a liability release and a permission to treat form prior to arrival at Camp on Sunday. If you have a food allergy, we need to know at least TWO WEEKS prior to arrival so we can plan the menu appropriately. Call the office at 423-349-8401.

We look forward to this inaugural AT Trek and can't wait to spend time in the wilderness with you. If you have any questions, call Jeff Wadley at 423-349-8401.