



How to Hike the A.T. Backpacking Course

Student Agenda

Friday

8:30 am Welcome, Introductions, Course Overview (in classroom)

8:50 am Setting Expectations

9:00 am Intro and A.T. Highlights

9:40 am The Trail Today

9:50 am Leave No Trace

10:20 am Break

10:30 am General Safety and Rules

11:00 am Course Logistics

- Food prep
- Gear Shakedown

12:00 pm Lunch (everyone to bring their own)

12:30 pm Depart for Trail

1:30 pm Arrive at Trailhead

Discussion:

- Group hiking etiquette/pace/sweep
- Hydration
- Stay on Trail
- Sanitation overview
- Safety

2:00 pm Begin hike (3 miles)

4:30 pm Set up camp

5:30 pm Dinner preparation

After dinner: Unstructured time.



Saturday

7:00 am Breakfast, break camp, gear check

9:15 am Hike overview

Discussion: Trail Markings

9:30 am Begin hike (4-6 miles)

During hike: Sanitation (Dispose of Waste Properly)

12:00 pm Lunch on Trail

Discussion: Leave What You Find

During hike: Respect Wildlife

3:30 pm Arrive campsite; set up camp

4:30 pm Dinner preparation/build campfire

Discussion: Minimize Campfire Impacts

After dinner campfire discussion: Trail Magic

Sunday

7:00 am Breakfast, break camp, disperse campfire ashes

9:00 am Hike out (3-4 miles)

During hike: Be Considerate of Other Visitors

12:00- 3 pm:

- **Arrive at Trailhead; lunch at van**
Discussion: Protect Your Trail
- **Depart Trailhead, travel to individual cars**
- **Arrive cars, wrap up, gear turn-in, stay in touch**

3:00 pm Adjourn