

# BACKPACKING



Join us for an unforgettable overnight backpacking adventure designed specifically for beginners! We'll kick off with a short, scenic hike along a gentle trail that winds through beautiful landscapes, with plenty of breaks to enjoy the views and learn essential backpacking skills. Once we reach our campsite, you'll learn how to set up camp and cook a delicious backcountry meal as the sun sets. Spend the evening relaxing around camp, stargazing, and soaking in the peaceful sounds of nature. In the morning, we'll enjoy a warm breakfast and take a leisurely hike back, leaving you feeling confident, refreshed, and inspired for your next adventure!

## ITINERARY (subject to change)

### Day 1

- Meet at Outdoor Recreation
- Drive to Trailhead
- Arrive at Trailhead and check gear/ hike to camp
- Arrive at camp and set up

### Day 2

- Wake up and eat breakfast
- Break down camp
- Hike back to trailhead
- Drive back to Outdoor Recreation

\*For more information, contact Outdoor Recreation at [outdoorrec@arizona.edu](mailto:outdoorrec@arizona.edu) or (520) 621-8233

## PACKING LIST

- 2 pairs of wool/synthetic socks
- Hiking boots
- camp shoes
- Wool/Polypropylene Long Underwear (top & bottom)
- Shorts and long pants
- 2 Short Sleeved Shirts
- 2 Long Sleeved Shirts
- Mid weight wool/fleece jacket
- Heavy weight down or synthetic winter jacket
- Personal lifesaving medication
- Toiletry Items
- 3 Water bottles (1 Liter)
- Camera (optional)
- Sunscreen, lip balm
- Sun hat/wool hat, sunglasses
- Spare Batteries for Headlamp
- Money for Meals En Route

## OUTDOOR PROVIDES

- Transportation
- Food provided, while on site
- Entrance and Camp Fees
- Cooking and camping equipment
- Leadership and Instruction
- All trip-specific gear, including sleeping bags and backpacks

## EXERTION LEVELS

