



BACKPACKING TRIP INFO

OVERVIEW

GEAR

WE PROVIDE

- TENT
- BACKPACK with PACK COVER
- SLEEPING BAG with LINER
- SLEEPING PAD
- CAMP COOK SET
- WATER FILTER
- MEALS AND SNACKS
- FOOD STORAGE
- HIKING POLES and UMBRELLAS are available upon request
- THANK YOU GIFT for each hiker to keep!

YOU PACK

- HIKING SHOES or BOOTS
- 2 pairs WOOL or ATHLETIC SOCKS
- 1 OUTFIT for HIKING
 - HIKING SHIRT or TANK
 - SHORTS, LEGGINGS, or PANTS
- 1 OUTFIT for SLEEPING
- LONG SLEEVE SHIRT
- WARM FLEECE or JACKET
- RAIN JACKET
- WARM HAT and GLOVES
- BASE LAYERS for cool weather
- HEADLAMP or FLASHLIGHT
- 2x 1L WATER BOTTLE or 2L WATER RESERVOIR
- PERSONAL HYGIENE PRODUCTS including MEDICATIONS

RECOMMENDED

- CELL PHONE
- SAFETY WHISTLE
- SUNSCREEN and BUG SPRAY
- STUFF SACK for clothing
- CASH to TIP YOUR GUIDE



Our backpacking trips take place on the most scenic trails in the Southern Appalachian Mountains. We offer itineraries on the Appalachian Trail, in Great Smoky Mountains National Park, on The Mountains to Sea Trail, in Pisgah National Forest, on The Art Loeb Trail, at Mount Mitchell and more!

Each trip is led by one of our experienced guides and includes the use of lightweight backpacking gear, meals and snacks on trail, all necessary shuttles, and backcountry permits and fees.

Backpacking trip participants should be able to carry their own gear and hike for several hours each day through mountainous terrain. Mileage will vary based on the trip. A fully packed backpack using our provided gear typically weighs around 25lbs. While it is incredibly rewarding, backpacking is an endurance sport that can be challenging and/or uncomfortable at times. Maintaining a positive mindset is key to enjoying your time in the wilderness!

BRHC Group Trips will have set itineraries. If you have questions about the difficulty or terrain, please call our office to talk through the route and level of difficulty. If you book a Private Trip you will have the ability to customize the location, miles, and trip focus with the help of our Private Trips Consultant and Admin Team.

Routes are subject to change based on a variety of factors, including weather, trail conditions, campsite availability, and participant needs and abilities.



ABOUT BRHC

OUR MISSION:
TO MAKE THE TRAILS
ENJOYABLE AND
ACCESSIBLE.

OUR VISION:
THE TRAIL IS THERE FOR
EVERYONE AT EVERY
PHASE OF LIFE.

OUR VALUES:
RESPECT FOR SELF,
OTHERS, AND THE
ENVIRONMENT.

YOUR TRIP

Our Philosophy

- BRHC issues lightweight backpacking gear to our participants. We believe that using lightweight gear and being thoughtful with what you pack helps make the experience “enjoyable and accessible” for more people. The ultimate weight of your pack will vary based on the weather and season, duration of your trip, select personal items, and the amount of food and water you carry. The average pack weight on our trips is around 25 pounds.
- BRHC strives to not discriminate against anyone based on their background or beliefs. We recognize that the land where we guide is the ancestral – and modern day – home of the Cherokee people and we enjoy sharing the unique geological and anthropological story of the land with our guests.

Packing and Preparation

- Please do not pack any cotton clothing! Once it gets wet, it takes a long time to dry and will not keep you warm. Hiking or athletic clothing made from synthetic materials, wool, or bamboo are best.
- Each trip starts with a “Pack Shakedown” that includes introductions, trip overview, gear distribution, and packing. This typically takes 1–2 hours.
- Our professional guides are certified in wilderness medicine + CPR. They each offer a unique set of expertise and a shared love for getting people outdoors. If you are booking a Private Trip and you have a particular interest in learning about long distance or lightweight backpacking, local history, or flora and fauna then let us know. We will make every effort to match you with a guide who shares those passions.
- BRHC will provide all meals and snacks. Our menu includes standard backpacking food, including a selection of dehydrated dinners, picnic lunches, and oatmeal or grits for breakfast – plus coffee! We are happy to accommodate most dietary requests made prior to the start of the trip.
- Prior to the trip, participants must fill out and sign a waiver, health form, and gear request form. Hikers should notify BRHC of any changes to health or fitness information and discuss any health concerns with their guide.

Weather, Cancellations, Logistics

- We hike rain or shine, but always with the safety of our guests in mind. In the event of severe weather, BRHC will reschedule or refund the trip.
- If your plans change two weeks or more before the departure date, you can reschedule your trip once, apply the cost towards store credit, or receive a refund minus the 15% admin fee. Trip cancellations within two weeks of the departure date are eligible for a 50% refund. Cancellations within 48 hours or “no shows” are not typically eligible for refunds.
- Tips are standard in the outfitter and guide industry. We encourage you to show your appreciation to the guide at the end of your trip with a cash tip. Industry standard gratuity is 20–25% of trip cost. If you are at all unhappy with your guide and/or feel that they did not warrant a tip, please reach out to our Admin team and let us know.
- Unless otherwise noted, transportation between the meetup location and the trailhead is provided in one of our company vehicles. Personal vehicles may be left at trailheads or public parking areas. Your guide will provide parking information based off the trip itinerary.
- Groups who start or end their hike near our bunkhouse in Hot Springs, The Appalachian Trail-er, are welcome to take showers at the conclusion of their trip.