BLUE RIDGE HIKING CO.

BACKPACKING TRIP INFO

PACKING LIST

WE PROVIDE

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

YOU PACK

- HIKING SHOES or BOOTS
- 2-3 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 BOTTLES
- PERSONAL HYGIENE PRODUCTS including MEDICATIONS

RECOMMENDED

- CELL PHONE with BATTERY PACK
- CASH to TIP YOUR GUIDE
- STUFF SACKS, DITTY SACKS, or SMALL DRY BAGS for clothing, toiletries, electronics, etc
- INFLATABLE PILLOW
- SUNSCREEN and BUG SPRAY
- SAFETY WHISTLE

OVERVIEW

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, near Mount Mitchell and more!

Each trip is led by one of our experienced guides and includes lightweight backpacking gear, meals and snacks on trail, shuttles between the meetup location and trailhead, and all necessary backcountry permits and fees. Each trip starts with a "Pack Shakedown" that includes introductions, trip overview, gear distribution, and packing. This typically takes about 2 hours. Food provided is a selection of standard backpacking food, including dehydrated dinners and trail-friendly breakfasts, snacks, and lunches. We can accommodate most dietary restrictions with advanced notice.

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, let us know and we will make every effort to match you with a guide who shares those passions.

Backpacking trip participants are expected to carry their own gear and hike for several hours each day through mountainous terrain. Mileage will vary based on the trip. All participants on group backpacking trips should be able to hike alone for at least 30 minutes. 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!

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

ABOUT BRHC

Blue Ridge Hiking Company connects people from all walks of life with the wild, enduring beauty of Southern Appalachia through hiking and backpacking experiences that give you the skills to confidently continue your adventures on trail after your time with us.

Regardless of where you find yourself on life's journey, we offer guided hikes and backpacking trips that welcome you with open arms into the magic of these rugged mountains so that you can connect to the wisdom of nature, each other, and yourself.

YOUR TRIP

We use 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. We practice and teach Leave No Trace principles on our trips. To familiarize yourself with these principles ahead of time, you can check out the free LNT 101 Course on the Leave No Trace website!

The land where we guide is the ancestral and modern day home of the Cherokee people. We are proud to share 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 dries slowly and will not keep you warm. Hiking or athletic clothing made from synthetic materials, wool, or bamboo are best.
- We strongly recommend packing 2 1-liter nalgene, smartwater, or similar water bottles. Insulated metal bottles are unnecessarily heavy. Water bladders are allowed (but not recommended), only if paired with at least 1 water bottle.
- When packing toiletries, we recommend packing the minimum you may need (toothbrush and toothpaste, glasses or contacts and contact solution, personal medications, menstrual products, etc). Keep in mind that all products with a scent will have to be stored in bear proof storage overnight!
- 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 trip cancellation due to severe weather, BRHC may reschedule or refund the trip.
- Trip cost includes a 15% non-refundable administrative fee. Hikes may be cancelled up to 1 month before the trip for a refund (minus the 15% admin fee). Within 1 month, a 50% refund will be offered. Within 1 week, no refunds will be offered. If Blue Ridge Hiking Company cancels the trip due to severe weather, we'll offer a refund less the 15% admin fee. We are unable to offer exceptions to this policy; we strongly recommend all hikers purchase travel insurance to cover their trip.
- Hikers may reschedule their trip once (at least 1 month before their trip) free of charge. Additional changes to their reservation date may result in a rescheduling fee.
- 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.