

## OVERVIEW

### ***The trip***

On Tuesday evening, August 16, chartered buses will depart from Tampa Prep at 7:30 PM with the Junior class for a camp near Pisgah National Forest. On Wednesday morning, the juniors will have breakfast at the camp and learn to which hiking group they've been assigned. In keeping with the Mountain Trip's philosophy, we do our best to create gender-, experience-, and interest-balanced groupings. The juniors will spend until mid-afternoon in their group learning leadership, hiking and camping skills. During this time, their instructors, who are experiential education teachers hired by Tampa Prep, will strive to make the trip as meaningful and successful as possible.

By Wednesday afternoon, each hiking group of nine or ten students and two or three adults will be on the trail. Pisgah, just outside of Brevard, NC, is moderate in late August and provides an incredible learning environment, rich in flora and fauna, pristine forests, unusual rock formations, and abundant streams. The juniors will hike, camp, and rock climb until Saturday afternoon. At that time, the entire junior class will reconvene at the same camp for showers, some structured processing and discussion, some free time, and a cookout. After dinner, students will board the buses and depart for home, arriving back in Tampa Sunday morning around 6:30 AM.

Safety is a primary concern during the trip. Our adult supervisors from Tampa Prep are certified in CPR and First Aid (some have additional medical certifications), and all of our hired guides have advanced medical certifications. Specific safety procedures are adhered to at all times to insure the well-being of the groups.

### ***The trip's mission***

Part of the Tampa Preparatory School mission is to develop a community of active learners who think creatively, who respect difference, and who appreciate the power of collaboration—to foster in students a deeper understanding of themselves, other people, and the world. The Junior Mountain Trip focuses on these aspects of student development. It encourages group bonding, growth through challenge, the development of self-confidence, and a deeper appreciation of nature, life essentials, and the power of creatively and aptly applied knowledge. It hopes to provide a memorable and enjoyable shared experience in a classroom far removed from the pace and patterns of our daily lives. The juniors will be challenged and stretched physically, mentally, and emotionally. They will come to know themselves, their classmates, their group leaders, and their environment in ways that everyday urban life does not permit. They all will have

opportunities to develop leadership and decision-making skills in a small group.

### ***Our hired instructors***

As in past years, we have contracted Adam Fox of Fox Mountain Guides to provide a fully licensed and insured rock climbing experience. Fox Mountain Guides will outfit our rock climbing sites with highly professional rock climbing instructors, supervision, and equipment (including rock climbing shoes in some, but not all, sizes) for all who wish to try the rock faces. While rock climbing is optional, most students opt to participate in this memorable, safe experience.

Tampa Prep is also hiring Inside Out, an experiential education company in the Pisgah area, to organize and staff the program and to provide us with all our food and group hiking equipment and medical kits.

### ***Required of all juniors***

This trip is an extension of the Tampa Prep classroom, and is **REQUIRED OF ALL JUNIORS FOR GRADUATION**. Only in rare cases for **medical reasons** will a junior be exempted only from the **hiking portion** of the Mountain Trip. We will accommodate all students. If a student is unable to go at all (funeral, for example) an alternate educational assignment is required (4500 Word paper (electric format only) on North Carolina with references, complete with MLA Formatting and copies of sources, along with a copy after it's been submitted to Turn-it-In.com). If you foresee any possible medical problem, please contact James Riley this spring so we can resolve any difficulties.

**Cost**

Backpacking outfitters will be happy to sell you equipment and paraphernalia. However, judicious shopping can land you perfectly fine merchandise that will keep you safe, dry, and comfortable. Some families borrow equipment. Most however, opt to rent backpacks, sleeping bags or sleeping pads.

Unless you expect to backpack again after the Mountain Trip, stay basic and inexpensive.

Tampa Prep will charge your school account *about* \$575 to cover the Mountain Trip's program costs. If you rent equipment through Inside Out, those fees are also charged to your school account.

## PREPARING FOR THE MOUNTAIN TRIP

### *Four Important Pieces of Equipment*

Below are more details about four pieces of equipment essential for your comfort and safety on the trip. If you have any questions regarding the equipment please contact James Riley at 813.285.3742.

**Hiking Boots.** Your boots are critical. Your feet will live in them for most of the week, and they must fit well and be broken in. They must have a sturdy sole and give good ankle support since you will be carrying a heavy load over uneven terrain. When you fit them or use them, wear two pairs of socks: one thin "liner" sock of cotton, nylon, or polypropylene, and one moderately heavy wool or synthetic sock. Effective hiking boots cost as little as \$40.

**Rain Gear.** You must be able to stay dry in order to stay warm, and effective rain gear is essential. A good quality poncho (preferably a backpackers poncho, \$25, which covers you and your backpack) will provide sufficient protection and is highly recommended. Rain suits offer little ventilation when hiking, get very hot and sweaty, and should be considered strictly a supplement to the poncho.

**Pack with Frame.** The metal frame may be internal or external and the pack should be medium to large capacity (approx. 3500-5500 cubic inches). One-third of your backpack must be free to carry group gear or group food. The frame must have a padded hip belt and padded shoulder straps. Unless designed to carry everything inside the pack, your pack also should have straps for securing your sleeping bag. Be sure to test the pack on your back with a 30 to 40-pound load in it. The hip belt should be able to be tightened around your hips so that all the load is borne by your hips and none by your shoulders. Good backpacks can be purchased for as little as \$80.

**Backpacks can be rented for \$20 for the trip. (See page 4)**

**Sleeping Bag with Stuff Sack.** Your sleeping bag must be well insulated with polyester fiber such as Hollofil or Polarguard and rated for temperatures down to 25° F. This synthetic fiber will keep a person warm even when wet. We do not recommend down sleeping bags for inexperienced campers since wet down has no insulating value. If carried externally, the stuff-sacked sleeping bag should be placed inside two garbage bags or one trash compactor bag regardless of how waterproof the stuff sack claims to be. **Please no flannel or cotton.** Make sure that when the sleeping bag is in the stuff sack, it is no bigger than 20 inches long and 10 inches in diameter or it won't fit on the backpack.

**Sleeping bags and pads can also be rented. (See page 4)**



## *Come Prepared for the Weather*

To help ensure your comfort during the Mountain Trip, pay close attention to the enclosed "Equipment Checklist." Do not add to or subtract from its required items. Plan on nights in the 50s or 60s and days in the 70s or 80s. Rarely will you be in direct sunlight, except when you are rock climbing—usually, you'll be well-shaded under dense canopies of hardwoods and pines.

Expect rain and come prepared for it. To keep you and your belongings dry, avoid cotton and feathers. Wet cotton and down (feathers) retain water but not body heat. Wet synthetics (like Polartec fleece for a jacket or Hollofil for a sleeping bag) or wool retain body heat and dry quickly. Never wear denim or any other kind of cotton shorts. Cotton t-shirts are permitted, though a synthetic material is better.

## *Hints About Packing*

Keep things DRY and ACCESSIBLE:

- ✓ The backpack itself does not need to be organized here in Tampa, as each group leader will show the students how to pack once we get to NC. However, you can get some items organized.
- ✓ Group loose items (like toiletries) in small ziploc or ditty bags.
- ✓ Group items logically: pack a change of clothes (shorts, shirt, underwear, socks) in a gallon ziploc. Put a beanie and a fleece together in a ziploc.
- ✓ Have a few twist-tie garbage bags or, better, trash compactor bags. You will use these to line the inside of the backpack and waterproof your sleeping bag. Again, just bring the bags. The actual packing can be done in NC.
- ✓ If you are renting a backpack (see next page), you can organize clothes and personal items in ziploc bags and place them all in a trash bag. Label the bag conspicuously with your name (they will all look the same when we put them on the bus).

STRAPS are an important accessory for most backpacks. Use backpacking straps to attach your sleeping bag to the outside of your backpack if you are not putting your sleeping bag inside your pack. Do not use bungee cords, rope, or string.

THINK SMALL when packing. Follow the equipment checklist closely. At least 1/3 of your pack must be available for group items such as food, stoves, fuel, tarps, etc.

BATHROOM SUPPLIES: We do not use toilet paper as it often gets wet from the rain, and we don't want the students leaving it around. **Here's the best bet**: Bring 2 travel packs of baby wipes for use when going to the bathroom and to use as a sponge bath at night. Put the two packs in a one gallon Ziploc bag, along with 3 quart-sized Ziploc bags. Put all used baby wipes in the qt-sized bags and dispose of each day. Keep all small bags and baby wipes in the gallon Ziploc bag.



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## Where to Find Equipment

With some careful comparison shopping, you can find perfectly serviceable backpacking equipment very reasonably priced.

**Rentals.** Apparently, no Tampa area stores rent backpacks or sleeping bags. However, you can rent equipment through Inside Out, the company we contract with to supply food, gear, and guides. You can reserve equipment on the Tampa Prep website under **School Forms** in the **Parents** section. Look for "Junior Mountain Trip Forms".

Rental fees will be billed to school account.

Backpacks: \$20

Sleeping bags with pad: \$20

Pad only: \$5

### \*\*\*\*ALL RENTED EQUIPMENT IS PICKED UP IN NORTH CAROLINA.\*\*\*\*

**Online Purchases.** This can be the best way to find a good deal, but obviously you don't get the same personal service. The following list, in no way definitive, is provided for your information; there are other reputable companies besides these.

- [L.L. Bean](http://www.llbean.com) (www.llbean.com) offers reputable equipment, but its prices may be higher than a no-frills company like . . .
- [Campmor](http://www.campmor.com) (www.campmor.com), which usually has a number of significantly marked-down selections, or
- [Sierra Trading Post](http://www.sierratradingpost.com) (www.sierratradingpost.com), which boasts savings of 35-70% off overstocked, closeout, and slightly flawed name-brand outdoor clothing and equipment.
- [REI](http://www.rei.com)—short for Recreational Equipment Inc. (www.rei.com)—offers its own hiking equipment, which is excellent, as well as other brands.
- [Zappos](http://www.zappos.com) (www.zappos.com) is usually known for the shoes it sells (every kind you can think of), but they now sell apparel. They offer free shipping both ways, so if your shoes don't fit, just send them back.

**Local Purchases.** Locally, you have a number of options. While other stores may sell some of the items you need (for example, shoe stores which specialize in athletic footwear often sell good quality hiking boots made by companies like Nike), the following stores offer at least a good selection of backpacking equipment.

- [Tampa Bay Outfitters](http://www.tampabayoutfitters.com) (www.tampabayoutfitters.com) 701 S.Howard (by Panera) They will give a discount to any Junior going on the trip. Ask for Egan Anderson
- [Peter Glenn Ski & Sports](http://www.peterglenn.com) (www.peterglenn.com) N. Dale Mabry (north of Linebaugh). Mainly specializes in skis and snowboards, but they do have apparel and boots.
- [Bill Jacksons](http://www.billjacksons.com) (www.billjacksons.com). U.S. 19 in St. Petersburg. Excellent selections, middle to high-end merchandise, and knowledgeable staff.
- [The Sports Authority](#) or [Dick's Sporting Goods](#) Good selections and service.
- [Army-Navy Surplus Store](#) N. Tampa St. in Tampa. Name brands as well as military surplus.

**Former Mountain Trip Participants.** You may wish to borrow or buy equipment from last year's Mountain Trip participants. Avoid using someone else's boots, however, since they will have molded to another's feet.

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### *Important Dates*

**May 2**

Monday Mnt. Trip Information Night in 2015, 7:00 p.m.

**May 3**

Tuesday Meeting with sophomores during afternoon Assembly.

**June 10**

Fri **SIX** Forms are due: (1) **Tampa Prep's** Consent and Authorization Form 2011-12; (2) **Tampa Prep's** Agreement, Release and Assumption of Risk; (3) **Inside Out** Medical History Form (4) **Inside Out** Acknowledgment of Risk (5) **Tampa Prep's** Release and Indemnity Agreement; (6) **Fox Mountain Guides** Release of Liability

All forms can be found on the Tampa Prep website under **School Forms** in the **Parents** section.

**Please fill out the forms, print them, sign them, and mail them to Tampa Prep, attn: James Riley**

**Optional:** Equipment Rental form

#### The Mountain Trip: August 16-21

Tues 16	6:45 p.m.	All juniors arrive @ Tampa Prep no later than this time. <i>(Chaperones will be at school to assist and check in students from 6:30 p.m. Early arrival is encouraged.)</i> Clothing and individual equipment inventoried. Arrive dressed in layered clothing from the clothing checklist—pants, t-shirt, sweater or jacket, hiking socks, and Texas/sneakers/running shoes. The buses' temperatures can range from cold to quite warm. The clothes you wear are included in the total detailed for you on the Equipment Checklist. Bring money for one or two rest area stops. You may bring portable devices on the bus only.
	7:30 p.m.	Chartered buses depart for Pisgah, N.C.
Weds 17	7 a.m.	Arrive at camp: Eat breakfast . . . learn group assignment . . . learn camping and team-building skills. Eat lunch . . . more camping and team-building skills. Store spare set of clothes at camp.
	1 p.m.	Groups shuttled in vans to Pisgah National Forest. Spend next three days and nights backpacking and rock climbing.
Sat	20 noon	Groups shuttled from Pisgah back to camp: Group equipment inventoried . . . lunch . . . hot showers . . . put on spare set of clothes . . . structured processing and discussion . free time and dinner .
	7 p.m.	Buses depart for Tampa. Bring money for one or two rest area stops.
Sun	21	6:30 a.m. Buses return to Tampa Prep.

EQUIPMENT CHECKLIST  
for  
BACKPACKING

**BASIC CAMPING EQUIPMENT**

- \_\_\_ Hiking boots: sturdy sole, ankle support, and water resistant; if new, broken-in before trip
- \_\_\_ Pack with frame: padded waistband and straps for sleeping bag/pad; large enough so that 1/3 of space remains for group gear (such as food, stoves, fuel, etc.) after all personal items listed below are packed
- \_\_\_ Sleeping bag with stuff sack and pad (bag must be rated at least 25°F and be well insulated with Hollofil, Polarguard, or down)
- \_\_\_ Rain gear: a sturdy poncho (a backpacker's poncho is recommended)
- \_\_\_ TWO one-qt. Water bottles (plastic, tight seal, e.g. Nalgene)
- \_\_\_ Cup (metal or sturdy plastic; plastic insulated hot mugs recommended), plastic silverware and bowl.
- \_\_\_ Small flashlight A headlamp is recommended (lightweight, with fresh batteries and bulb)

**CLOTHING (4 days, 3 nights)**

- \_\_\_ Socks (2 moderately heavy synthetic or wool; 3 thin liners)
- \_\_\_ Underwear (2 for boys, 4 for girls). If you are prone to leg chaffing, bring knee-length spandex shorts.
- \_\_\_ 2 Nylon/synthetic shorts. Nylon dries quickly; cotton stays wet a long time. Make sure one pair is long enough to wear while rock climbing - running shorts make rock climbing uncomfortable.
- \_\_\_ Long pants (1). Cotton jeans or cotton warmups NOT permitted (nylon warmups are okay).
- \_\_\_ Shirts 1 warm long-sleeved; 2 short-sleeved. Quick-dry materials preferred. (e.g. Under Armour, Nike Dri-FIT)
- \_\_\_ Warm knit cap (1)- for cold nights and sleeping
- \_\_\_ Tevas, sandals, Crocs, etc. to wade through water. (old tennis shoes that can go through water are okay if you don't have sandals.) Lightweight and able to serve both for wearing around camp and for rock climbing (Fox Mountain will provide rock climbing shoes in some, but not all, sizes)
- \_\_\_ Fleece or insulated jacket or sweater (1) NOT cotton because you can't stay warm in wet cotton
- \_\_\_ Handkerchief or bandanna (1)
- \_\_\_ Sports bras (2) rather than regular bras for girls
- \_\_\_ Ziploc and garbage bags (including one to cover your pack in case of rain) \*See packing notes on page 3.

**TOILETRIES**

- \_\_\_ Toothbrush and toothpaste (travel size), floss
- \_\_\_ 2 packs babywipes (pack of 16) or one pack Cottenelles (pack of 50)-for bathroom use and washing
- \_\_\_ Unscented deodorant (travel size preferred)
- \_\_\_ Required medications for personal use (must be disclosed on med forms)
- \_\_\_ prescription glasses (recommended instead of contacts unless contacts are daily-disposable or long-lasting)

**OPTIONAL (handy, but not essential)**

- \_\_\_ Pillow case. Stuff clothes in case for use when sleeping.
- \_\_\_ Medium-sized stuff sack for clothes; small "ditty" bags for miscellaneous items like toiletries
- \_\_\_ Baseball cap with brim
- \_\_\_ Camera (not an expensive one!)
- \_\_\_ Chapstick or lipbalm
- \_\_\_ Swimsuit
- \_\_\_ Baby Powder
- \_\_\_ Insect repellent
- \_\_\_ Crazy Creek chair for sitting on at camp
- \_\_\_ Sunscreen

**DO NOT BRING**

- XX Tobacco, alcohol, other illegal drugs
- XX Scented deodorant, cologne, perfume, cosmetics
- XX Knives other than dull ones to eat with
- XX Aerosol cans

**Note:** If you regularly take medication for ADD or ADHD, it is imperative that you continue to take the medication on the trip. A lack of concentration on your part could be hazardous to your health and to other's well-being.

**Note:** If you are renting your equipment from Inside Out, place all of your items in a large plastic bag. Be sure to label your bag, as over half the class will be renting equipment (See packing notes on page 3). In a separate bag, pack your items for use before and after the hike. (See separate packing list below on page 7.) This bag will stay in the cabins.

CHECKLIST  
for  
BEFORE AND AFTER THE HIKE

Pack these items in a bag separate from your backpacking equipment. This bag will be securely stored during the backpacking portion of the trip. Make sure your name is on this bag.

Required

- \_\_\_ Towel
- \_\_\_ Soap and shampoo
- \_\_\_ Change of clothes for bus ride home (this may or may not be the same clothes you wore to NC)
- \_\_\_ **Money** for two fast food stops and two snack stops during bus rides & to purchase any Inside Out T-shirts

Optional

- \_\_\_ Blanket, pillow, sweatshirt (the bus is typically quite cold)
  - \_\_\_ iPod, mp3 player, etc.
  - \_\_\_ Snacks
  - \_\_\_ Summer reading books (even though we know you already read them)
-