



## **Backpacking 101: Family Friendly Moseley Trail Backpacking (6 Miles) & Canoeing Overnight**

*Saturday, August 27th at 10AM through Sunday August 28th at 11AM*

Backpack your way through dynamic habitats of Secor Metropark, connect to the Moseley Trail and spend the night camping at the serene Wiregrass Lake. This is the perfect backpacking experience for young explorers and families. Top off your evening with a magical canoeing experience on Wiregrass Lake.

Most of hike will take place on a smooth gravel trail with a short distance on the Upland Woods Trail (Silver). No backpacking experience necessary. All minors must be accompanied by a guardian.

During this overnight program, families have the option to canoe at Wiregrass Lake. Children must be 8 or older to paddle the canoe. Children 4 or older can ride as a third passenger in a canoe but must be accompanied by two paddlers ages 8 or older, at least one of which must be an adult guardian.

Attendance at the pre-trip informational meeting is required (Tuesday, August 23rd, 6-7:30PM, Oak Openings Lodge). Families are encouraged to attend as we will have a staff member play ice breaker games with the kids adjacent to the meeting. We will check and fit gear, talk about the trip, and answer any questions.

Fee: \$35 per guest. Adult backpacks, tents, sleeping bags, pads, stove and cook sets are available to borrow. Metroparks staff can assist families with heavy items to be transported via Metroparks vehicle. All guests will be encouraged to carry their version of a backpacking pack. If families choose to do so, young explorers may carry their personal backpack with a water bottle and item(s) of their adult's preference. Program fees include all equipment, camping permits, campfire dinner, and a light breakfast. Please pack additional snacks and food items if needed.

Because of the intense planning for this trip, 50% of the fee is considered a non-refundable deposit per the refund policy. If you need to cancel for any reason, please call Ashley Smith at 419-265-2920. Anyone who would like to cancel their trip due to concerns related to COVID-19 may do so with no financial penalty.

The following packet contains information and resources you need to prepare for the trip including the trip agenda, packing list, and food plan for the trip. Please feel free to reach out to your trip leader with any questions.

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### Tentative Schedule

This is the plan, however, it is subject to change due to unforeseen circumstances.

Saturday, Aug. 27 <sup>th</sup>	<ul style="list-style-type: none"><li>• 10:00 AM Arrive at Secor Metropark Photo Center</li><li>• Final pack adjustments</li><li>• Hike 2.84 miles in Secor Metropark and on Moseley Trail</li><li>• Lunch</li><li>• Setup Camp at Wiregrass Lake Metropark</li><li>• Possible .25-.4 miles to campsite around the lake</li><li>• Explore Wiregrass Lake</li><li>• Optional: Canoeing</li><li>• Prepare dinner, eat, evening share</li></ul>
Sunday, Aug. 28 <sup>th</sup> :	<ul style="list-style-type: none"><li>• 7:30AM: Wake, break camp</li><li>• Breakfast</li><li>• Hit the trail</li><li>• Hike 2.93 miles back to our vehicles</li><li>• Arrive back around 10:30-11:00AM</li></ul>

**Total mileage: 6.25 miles**

### Hike Profile

The terrain on this trek will primarily take place on a smooth gravel trail and other well-worn and maintained trails. No backpacking experience necessary; this trip is perfect for beginner backpackers.

### Food Plan

Please eat breakfast before you arrive on Saturday, so we can hit the trail promptly. Bring a filled refillable water bottle for the start of the hike.

### Trail Food

Guests will need to bring some their own food. Generally speaking you want to select food items that are calorie dense and high in complex carbohydrates and protein. We will have no access to refrigeration or coolers so please avoid foods that will spoil. Avoid foods that will squish or crumble easily.

For the trek you will need to pack:

- 1 lunch-Saturday
- Please pack any additional food and/or snacks outside what is provided.

We provide:

- Dinner - roasted hot dogs, chips, watermelon, and s'mores
- Breakfast - bagels, bananas, OJ, and coffee for the adults

## Meal Pro Tips

*In case you prefer to bring all your own food.*

- Pack trail snacks between breakfasts and dinners and to supplement meals. Food for a typical day on the trail usually involves breakfast, morning snack, lunch, afternoon snack, and dinner.
- We will take the time to boil water in the mornings for coffee/tea/oatmeal/dehydrated meals, but please plan for a relatively quick breakfast. Lunches should be ready to eat and require no cooking. We'll have time to cook for dinner.
- Consider repackaging anything with a lot of packaging to save weight and space. Space is limited, so opt for lightweight, low bulk foods. Calorie needs vary per person, but plan for somewhere between 2500-4000 calories per day.
- Many sources quote that backpackers usually carry 2 pounds of food per person per day. That is a ballpark number and not a hard fast rule, but if your food bag weighs more than 8 pounds you should consider more calorie dense, lighter weight foods.
- Many backpackers opt for light-weight freeze dried meals. There are several brands to choose from, and meals can typically be found at Bass Pro, Cabelas, REI, Walmart, or online. Freeze dried meals typically just require adding boiling water. Pre-packaged varieties usually come sized for 1 or 2 persons/servings, or you can purchase bulk canisters that you can control your own portions by portioning into freezer strength zip-lock bags. For those that do not wish to purchase freeze-dried meals please see the sample meals section below for other trail-friendly meal suggestions.
- For more information on meal planning please see REI's expert advice:  
<https://www.rei.com/learn/expert-advice/planning-menu.html>

## Sample Meals

**Breakfast:** select 1 or more, supplement with bars, trail mix, dried fruit, jerky etc.

- Cold cereal with dehydrated milk (add water at breakfast)
- Bagel or tortilla with peanut butter
- Instant oatmeal (two packs for most people)
- Tea, instant coffee, hot cocoa
- Dehydrated meals

**Lunch:** select 1 or more, supplement with bars, trail mix, dried fruit, jerky etc.

- Bagels or tortillas with peanut butter and jelly or honey or bagged sandwich
- Tuna or chicken packets with crackers

**Dinner:**

- Dehydrated or freeze dried meals (Mountain House, Backpackers Pantry, etc.)
- Any combination of quick-cook pasta, dehydrated potatoes, instant rice, or pasta and rice sides with chicken or tuna packets, canned beans, or nuts for protein. For example:
  - Mac and cheese with chicken or tuna packets
  - Ramen noodles with chicken and instant mashed potatoes
  - Mexican rice with tortillas and chicken packets or beans
  - Thai noodles with peanuts and peanut butter



**Snacks:** Plan for a morning snack between breakfast and lunch, and an afternoon snack between lunch and dinner. Snacks also make good supplements to meals. Many people find they prefer to bring a mixture of both salty and sweet snacks. Popular snacks include: goldfish, Cheez-its, chips, jerky, granola bars/protein bars/energy bars, dehydrated fruit, trail mix, fruit snacks, teddy grahams, cookies, nuts.

**Water:** Plan to carry 3-4L of water a day. We will filter along the trail and in-camp. All water on the trail must be filtered.

Resources for purchasing backpacking food:

<https://www.alpineaire.com/us/us>

<https://www.backcountry.com/backpacking-food>

<https://www.mountainhouse.com/>

<https://www.backpackerspantry.com/>

<https://goodto-go.com/>

<https://www.rei.com/>

## Packing List

*All items need to be packed in zip top bags or dry bags to keep them waterproof.*

### Backpack (adult sized, available to borrow)

- Internal frame (60-80 liters recommended)
- External frame (65+ liters recommended)
- Pack Cover – waterproof nylon pack cover or extra 30 gallon trash bag (Metroparks packs come with pack covers if you are borrowing)

### Sleep systems

- Use yours or borrow a tent
- Packable sleeping bag (available to borrow) in stuff sack lined with 30 gallon trash bag. Must be rated to 20 degrees or lower and made of down or synthetic down. We do not want you to carry oversized “sleepover bags” that are bulky and heavy. Bags should weigh less than 4 lbs or be placed on the support vehicle.
- Sleep pad (available to borrow)
- Inflatable pillow (optional) or stuff a jacket into a stuff sack

### Clothing

- **NO COTTON, PLEASE. Cotton does not insulate if it gets wet. Choose synthetic materials such as nylon, polyester, spandex, or wool. Fleece is good.**
- 1 pair good hiking shoes/boots, well broken in.
- Camp shoes (optional but recommended to let feet breathe.)
- 2 pair medium weight wool hiking socks.
- 1 set clean underwear per day
- Hiking shirt and pants/shorts: 1 set, quick dry, non-cotton required- Wear this on arrival.
- Sleep Clothes – these are only for inside the tent. Depending on how cold or warm you sleep you may want a tee-shirt/shorts or long johns. Non-cotton.
- Packable rain gear, jackets and pants, such as Frogg Toggs (\$40 at Walmart or online). If you opt to use an emergency poncho, make sure to bring rain pants as well for your lower half.
- Wool sweater or down or fleece jacket (when paired with your rain suit this should be suitable for most weather conditions). No cotton jackets.
- Wicking base layer (tops/bottoms): Optional but recommended
- Hat, gloves, buff (optional)

### Camp Kitchen

- Bowl/plate depending on what you are eating. Light-weight and not glass.
- Cup/measuring cup
- Dinner and breakfast utensils and plates will be provided
- Food bag: medium stuff sack that can be clipped to a carabiner
- 1 gallon zip top bag for garbage
- Cook kits (if applicable, available to borrow)
- Backpacking stove (if applicable, available to borrow)
- Food (see Food Plan for meal planning suggestions)

### Miscellaneous

- Pocket knife or multi-tool.
- Waterproof matches or lighter (a few cotton balls or small candle piece for fire starters.)
- Headlamp or lightweight flashlight and extra batteries (available to borrow)

- bandana/hankie
- Lip balm (with sunscreen recommended)
- Toothbrush and travel tube toothpaste
- Personal first aid items: Staff will have a full first aid kit, but we cannot administer medications. Please bring a personal supply of your pain reducer of choice in case of sore muscles, headache, etc. (a small supply of ibuprofen, antacids such as Tums, Tylenol and aspirin should cover most inconveniences that may occur). Also include band-aids, antiseptic wipes, and foot care kit- Moleskin, foot powder.
- Sun protection: hat with brim, sunscreen, long sleeves, sunglasses
- Feminine hygiene items
- 2 large rubber bands (optional but helpful in compressing trash and other uses)
- 2 extra gallon size zip top plastic bags
- ½ roll toilet paper –Think of your own needs.
- Hand sanitizer or small bottle Dr. Bronner’s soap (scent free if possible)
- Several yards of duct tape (wrap around a water bottle or hiking poles or keep a small spool in your first aid kit.)
- Repair kit: Needle and dental floss, repair kit for inflatable sleeping pads if applicable, stove repair kit if applicable
- Hiking poles strongly recommended (available to borrow) or ski poles

**Water**

- Water bottles that add up to 3-5 liters.
- OR 1 bladder water system and at least one water bottle (for ease of drinking in camp/ when your pack is off). Together these should add up to 3-5 L.

**Optional**

- Camera
- Note pad/pencil
- Whistle
- Watch

**Group gear**

*Group gear will be provided for you by Metroparks.*

- Camp Suds for handwashing provided
- Group first aid kit provided (you still need to bring your own first aid basics listed above)
- Camp shovel/trowel provided

## Frequently Asked Questions

1. What do I do with my trash on the trail? Will there be garbage cans?
  - a. We will pack in and pack out all trash and practice Leave No Trace on the trail. For an overview of Leave No Trace (LNT) outdoor ethics: <https://lnt.org/>
2. What if I am a beginner?
  - a. This is a beginner-friendly hike, no backpacking experience required! Our Backpacking 101 educational programs will also help prepare you.
  - b. Training in advance will be key to a fun and successful trek. Practice hiking with a weighted pack. Start with a light pack and low mileage, then slowly increase the weight in your pack and your mileage. Your pack weight for this trip will likely be 25-30 lbs. Use that as the end goal for your training.
3. What will camping be like?
  - a. We will be camping at an established campground at Wiregrass Lake Metropark. We will have stops to use the restroom at flushing toilets before we leave and a portable toilet at Wiregrass Lake. In between these, we will use a trowel/cat-hole system for bathroom purposes on the trail.
4. Not to get into the dirty details, but what does trowel/cat-hole system mean? How do we go #1 and #2 on the trail?
  - a. #1 should be aimed at rocks if possible. Animals are often attracted to the salts and minerals in urine will chew on bark – damaging trees. Using the rock also prevents eroding loose soils.
    - i. Used TP for drying purposes should be packed out.
    - ii. A “pee-dana” or bandana used for wiping #1 only is an excellent option. Keep on the outside of backpack for drying and UV sunlight sanitizing.
  - b. #2 needs to be buried in a cat-hole. We have trowels, but the waste does not touch this tool. Use a stick to push the waste in the hole if your aim is not true.
5. Ok, now that I know that, what if I am on my period?
  - a. Similarly, all products, before and after use, will need to go in your bear bag. You cannot bury any products. Multiple zip-top bags are recommended for this.
  - b. Please be prepared as several factors like tenting with others, altitude, or exertion can bring on a menstrual period even if it is not scheduled.
6. Why all the info? This is overwhelming.
  - a. None of this information is intended to scare off potential guests but it is very important to make sure you have a full understanding of this trek. Our hope is that you either have all the information you need or feel comfortable asking us the hard questions! We are very excited about the planning and execution of this trip and hope to fulfill some hiking dreams!

## Going in the Woods

Please follow these simple steps when nature calls:

1. Find a spot at least 200 steps from any water source
2. Dig a hole 6-8 inches deep and bury human waste
3. Pack out used toilet paper



When people are not responsible going in the woods they contaminate the water you swim in, fish from, and drink. Bacteria and viruses found in human feces are known to cause hepatitis, blue baby syndrome, salmonella, giardia, and other gastro-intestinal diseases. Remember, the water in the rivers and lakes you visit may flow into your own drinking water supply.