

Hike the Appalachian Trail!

KWHS Project Term Class C&D Blocks, Mr. Coupland

Trip dates: June 2-8, 2008

Do you like the outdoors, enjoy walking, and are in pretty good physical shape? Then **Hike the Appalachian Trail** might be the class for you for Project Term C&D blocks!



Parent/Student Information Meeting There will be an information session for **Hike the Appalachian Trail** on Monday January 14 from 6:00-7:00pm. All students who may be interested in this trip are asked to attend with a parent. We will discuss the agenda, fundraising, safety, and equipment.

Cost \$150 per person for food, camping fees, and gas. ALL of this can be earned through fundraising during our Citrus Fundraiser.

What is Project Term? The last four weeks of school at KWHS are devoted to special interest classes. Project Term A&B blocks (morning and afternoon classes) are May 19-30, C&D blocks are June 2-11. **Hike the Appalachian Trail** will use both C&D blocks.

Destination We will hike 50 miles of the Appalachian Trail in central Virginia from Newport to Daleville over 5 days. This memorable section includes spectacular rock formations and overlooks such as the Dragon's Tooth, McAfee Knob, and Tinker Cliffs and the Keffer Oak, one of the largest trees on the Trail. The Trail winds across ridges and valleys through forest with occasional open fields and ridge lines. Check out my pictures of this section on www.couplands.net, Appalachian Trail 2004, pictures 195-211.



Mr. Coupland on McAfee Knob, 2004

Leadership Mr. Coupland was a Boy Scout leader for 12 years and hiked the Appalachian Trail from Georgia to Maine (2174 miles) in 2004. Two Dads are also planning to attend.

Citrus Fundraiser Hikers will take orders for crates of premium California navel oranges and Texas pink grapefruit from mid-January to mid-February. The fruit will be delivered at the beginning of March. Money raised by each student will be kept in a separate student account and applied to the trip cost. You can raise ALL of the money for this trip and develop your sales skills through your own efforts. More information soon.

Equipment Hikers are responsible for their own equipment – a suggested equipment list is on www.couplands.net, Appalachian Trail 2008. The big ticket items are sleeping bag, sleeping pad, tent (shared), and pack. If you don't own these consider borrowing, renting, or making them.

Making equipment High quality backpacking equipment can be sewed from kits. I will be happy to lead an after school group to make equipment during spring semester if there is interest.

Safety Hikers will be expected to stay with the group and follow safe hiking procedures. There is not much crime on the Trail, it is safer than most neighborhoods. We will avoid problems with bears and other animals by hanging our food at night and keeping all food out of the tents. We will deal with poison ivy and blisters with prevention and minor first aid. The Trail is well marked so getting lost will not be an issue. The Trail is well traveled, so in the unlikely event of major injury people will be available to assist or go for help.

Training All hikers are encouraged to engage in a regular aerobic exercise program in the months before the hike of at least 30 minutes three times a week. This could include walking, running, biking, swimming, or organized sports.

Practice hikes There will be two required practice hikes on May 3 and May 17 (Saturdays). The hikes will be in Pinckney Recreation Area and will be a chance to evaluate your gear and physical fitness.

Transportation Our adult leaders will drive us to Virginia in their personal vehicles. The first and last night we will stay at Claytor Lake State Park which has hot showers. It is 590 miles (9 hours) from Howell to Claytor Lake.

Questions? Please contact me at david.coupland@gmail.com or 734-972-0928 or see me after school.