

Appalachian Trail Parent Meeting 2009

Project Term Schedule

Before Leaving

5/26 – 5/29 (Tue – Fri) Final preparations. Research. Start presentations.

The Trip

5/31/09 (Sun) Drive to a campground near Harpers Ferry, WV

6/1/09 – 6/4/08 Hiking. 31 mi total, about 8 miles per day.

Start in Harper's Ferry and explore the National Park, a restored Civil War town. Continue across the Potomac on a railroad bridge, along the tow pass of the Chesapeake and Ohio Canal, and up into the mountains. We will pass Civil War battle fields, old monuments, cliffs with great views.

Google map of entire route, satellite view, terrain

My pictures, couplands.net

6/4/09 Stay overnight in motel. Showers, clean clothes, eat a lot.

6/5/09 (Fri.) Visit Washington DC, including the White House if possible.

6/6/09 (Sat.) Drive home.

Back at school

6/9 (Mon) – Complete presentations

6/10 (Tue) – Half day of school. Finish posters and web site. Evening: Project Term Presentation Night.

Costs

\$150 + equipment.

\$75 due April 1, \$75 due May 1.

Equipment

Buy, make, or rent. We would like to start making packs and tents this year to reduce costs.

Volunteers to help us make equipment?

Fundraising

Citrus Sale Feb 10 – 26. Profit: \$10 per half case, \$20 per full case.

Additional fundraising for making equipment. Ideas? Volunteers?

Training

Regular aerobic exercise strongly recommended during spring: run, walk, bike, swim, etc. 30 minutes every other day.

Training hikes: Twice a month March – May. Dates to be announced soon.

Overnight backpacking trip. Probably May 16-17.

Safety

dehydration

injuries

bears, snakes

Contact Me

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www.couplands.net (Appalachian Trail pictures and journal)

Your notes:

Costs

Show **cost spreadsheet**

Equipment

Hand out equipment list, discuss

Renting major items – **show rental cost spreadsheet**

Making pack, maybe tent – show **Quest Outfitter site**

Show my own tent and pack – advantages of lightweight gear

Fundraising

Texas ruby red grapefruit or California navel oranges

Premium quality: distributed by Frog Holler Produce. A few days from tree to our door.

\$46 case (40 lbs), \$26 half-case (20 lbs)

profit: about \$20/case, \$10/half –case

start taking orders in a couple of days. Delivery first week of March.

Safety

Bears, snakes, injury