Trip Overview
Whether you’re walking down a long-forgotten country road, sitting on the beach or following one of the island’s many trails, expect to be affected by the island’s natural, cultural and historical wonders. The western edge of the island features large salt marshes with gnarled live oak trees covered with Spanish moss and palmetto plants at the edge of a maritime forest. The island is home to native and non-native animals, such as white-tailed deer, nine-banded armadillos, wild boars and raccoons. It is also famous for its wild horses that wander the Georgia’s largest barrier island. The group size for this trip will be 8 participants, and three GRAB facilitators.

Cost $275.00 (trip includes the following):
• Transportation
• Hotel at beginning and end of trip.
• Breakfast, lunch and dinner while in the field.
• Dinner on travel days.
• Group Backcountry equipment.

General schedule of trip
January 11, Saturday: Arrive on campus for an evening meal, review gear and prepare for departure.
January 12: Depart Gettysburg and drive to hotel in Kings Bay, Georgia.
January 13: Take the ferry across to Cumberland Island in the morning.
January 13-January 17: Let the hiking begin! Backpack, explore, and relax on the island.
January 17: Depart Cumberland Island and drive to Florence, South Carolina to stay the night in a hotel.
January 18, Saturday: Complete the drive from Florence to Gettysburg.

Description of Activity
A total of 50 miles of hiking trails through maritime forests, interior wetlands, historic districts, marsh ecosystems and beautiful beaches are available on Cumberland Island. In addition to hiking, the group will learn skills such as map and compass use, Leave-No-Trace, and backcountry living techniques. This is a backcountry experience, so the group will carry all of their own gear and will not have access to modern bathroom facilities during their time on Cumberland Island.

Preparation
Participants should be physically prepared for this trip. Go for a long daily walk in the weeks leading up to the trip; you need to be able to walk 5+ hours at a casual pace with a backpack. It is important that you bring sturdy, well broken in shoes or boots for this trip. No one wants sore feet!

Transportation
We will provide all transportation to and from Cumberland Island. Departure from Gettysburg College will be at 6:00 a.m. on Sunday the 12th. It will take around 12hrs to get to our hotel in Kings Bay, GA. On the return trip we will depart Cumberland Island and spend the night in Florence, SC. It is an 8hr drive from Florence back to Gettysburg.

Accommodations and Equipment
The group will stay in the very best the maritime forests have to offer: tents. Tents will be provided by GRAB and participants will sleep in groups of 3-4. The group’s hotel stay at the beginning and end of the trip will also be covered.

Meals
We will provide breakfast, lunch, and dinner each day you are in the field, and you will learn how to use a backcountry stove and cook delicious meals. Dinner will be provided when traveling but students are on their own for breakfast, lunch and snacks on the road.
GRAB Staff Facilitators coordinating the Cumberland Island trip:

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<tr>
<td>Mike Mosho</td>
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<td>Quinn Heist</td>
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<td>Ally Siegel</td>
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**Group Size:** The trip consists of two or three staff members from the Office of Experiential Education and eight student participants. Also note that there will be down time throughout the trip for your own solitude, should you want/need time alone.

**Weather:** The weather can be variable during this time of year, but think fall. Warm to cool days in the 60s and 40s at night. Sun, rain, and snow flurries could all be part of the experience. We cannot emphasize this enough: please bring the correct clothing to layer and protect yourself from the elements.

**Communication & Emergencies:** The region has cell service, but the connection may be undependable at times. The staff will carry a cell phone in the event of an emergency, but we will not completely rely on the service and the group needs to know they may be without communication at times while on this trip. We develop contingencies and have specific information for emergencies, and ask our participants to leave their phones off for the duration of the trip. An occasional text won’t cause problems, but this is a great opportunity to get away from technology and stress.

**Health and Medical & Release of Liability:** Each participant is asked to fill out a Health and Medical form for this trip. We request that you are truthful with your medical information and speak with your GRAB staff facilitator about any concerns or pre-existing conditions. In addition, we want to inform you that you will be asked to sign our indemnity form, and that you are aware that all Gettysburg College policies and procedures apply to this trip.

**Medical Kit and Medicine:** It is our top priority to mitigate risk on these experiences, but we need your assistance to inform us about your background, so we can properly prepare together. While in the field, we carry bandaging and wound care items, splinting and medicines such as aspirin, anti-diarrheal, epinephrine, Benadryl. We ask that you have your prescription medicine that you need on a daily/weekly basis, and that you transport it in its original container/bottle with your name and dosage. It is your responsibility to manage your own medication. For those with strong allergies, it is very important that you bring extra epinephrine or necessary medication in the event that yours is lost or broken.

**Personal Equipment:** GRAB provides the technical and backcountry equipment required for all of our programs. The equipment we use is of high quality and inspected prior to departure. It is your responsibility to pack your personal gear as noted on the equipment list provided by GRAB. Please consult the list and review any questions you may have with your GRAB facilitators. When selecting clothing for a GRAB trip, please keep these basic principles in mind:

- 100% cotton clothing such as jeans or sweatshirts are not advised. When cotton gets wet from either water or sweat it becomes very heavy and difficult to dry. This in turn increases the risk of hypothermia.

- Polypropylene is a synthetic material (polyester or silk) used as a base layer primarily to “wick” moisture away from the skin. There are many names to describe this material, such as Bergelene (EMS) or Capilene (Patagonia), but it is commonly referred to as “polypro”. All clothing items from base layers to socks to sweaters should be either synthetic or wool.
Personal Equipment:

The following items are required for participating on the Backpacking trips. Items available from GRAB marked with * are optional. Gear should not be an impediment to your participation on this trip—if you have questions or concerns, please email your facilitators or stop by the GRAB office and we will help outfit you for this trip.

- Internal or External Frame Backpack: 4500-5000 cubic inches
- Sleeping Bag: 20 degree recommended
- Compression Stuff Sack*
- Sleeping Pad*
- Sturdy hiking shoes: should be well broken in before the trip to avoid blisters on trail. Boots should be loose enough to accommodate 1 pair of liner socks and 1 pair of hiking socks comfortably.
- Camp Shoes (closed toe) to wear in camp and provide protection while cooking. Sneakers work well.
- Underwear/Sports Bra 2-3 pairs; sports bra should be synthetic.
- Wool/Synthetic Socks 3 pairs
- Sock Liners (optional) reduce friction and prevent blisters.
- Synthetic Long sleeve top: 1 light/mid weight top made of synthetic material. No cotton!
- Synthetic Long underwear bottom: 1 light/mid weight bottoms made of synthetic material. No cotton!
- Mid-weight top, light fleece; should be able to wear this over lighter layers and under heavier ones.
- Wildcard Layer: 1 extra layer of your preference, like a fleece vest or heavier jacket.
- T-shirt: 2 synthetic
- Nylon hiking Shorts
- Rain jacket*
- Rain/Wind Pants*
- Spoon & Tupperware container w/lid: used as your dish in the field.
- 2 One quart water bottles
- Headlamp or flashlight with batteries
- Trash Bags and Ziploc bags: The trash bag is for lining your backpack; 2mm thickness or thicker is best. Zip locks are great for keeping items dry such as cameras & journals.

Additional Items:

- Trekking Poles*
- Bandana
- Sunglasses with tether
- Camp Chair
- Toothbrush/Paste/Floss
- Lip balm/Sunscreen
- Book/Camera/Film/Cards
- Sun Hat (i.e. baseball hat)
- Insulated Mug for Hot Drinks
- Wool/Fleece Hat
- Pocket Knife

If Needed:

- Feminine Products
- Bug Repellent
- Extra Contact Solution
- Extra Glasses
- Medication