Winterfest
Backpacking:
Cumberland Island, GA
January 9-16, 2016
$325

Price includes: round trip transportation, group equipment, fees and permits, two nights in hotels, camping fees, all backcountry meals and two road dinners

Trip Overview
Activity: Backpacking

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 the wild horses that wander Georgia's largest barrier island.

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.

General Schedule of Trip

January 9 (Saturday): Return to Gettysburg before noon, review gear and pack.

January 10: Depart Gettysburg for a hotel in King's Bay, Georgia.

January 11: Take the ferry across to Cumberland Island in the morning.

January 12-14: Backpack, explore, and relax on the island.

January 15: Leave the island behind and drive to showers, beds, and a hotel in Florence, SC

January 16 (Saturday): Complete the drive from Florence, SC back to campus.
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**The Hike:** Hiking distance will range from 5-7 miles a day. Average daily time hiking will range from 3-4 hours, which includes stops for lunch, breaks, and enjoying our surroundings.

**Group Size:** The trip will consist of 2-3 GRAB staff members from the Office of Experiential Education and 6-8 participants.

**Accommodations:** On campus housing may be arranged for Friday and Saturday night (January 8-9), but may not be in your normal room. The group will stay in hotels the first and last nights of the trip (King’s Bay, GA and Florence, SC), and every other night will be spent camping in tents on the trail. Fees, permits, and gear are provided by GRAB and are included in the program’s cost.

**Meals:** We will provide breakfast, lunch, and dinner each day we are in the field, and you will learn how to cook delicious backcountry meals on a backpacking stove. Travel dinners on the first and last night are also included, but you will be responsible for breakfast, lunch, and any additional food while traveling to and from Georgia. You will also provide your own meals prior to the beginning of the trip.

**Weather:** The weather can vary in Georgia at this time of year, but expect to see nightly lows in the low 40s and daily highs in the mid-50s to 60s. You can expect rain on at least a few days.

**Physical Preparations:** Moderate terrain and temperatures make this a great trip for participants with all levels of experience. The best way to prepare for this trip is to stay active, because you should be comfortable walking 3-5 hours per day with a 30 pound pack. Getting ready by jogging, walking, or exercising can be a great way to make your experience more enjoyable.

**Communication & Emergencies:** Our trip locations often have cell service, but some sections may be spotty. The staff will carry a cell phone in the event of an emergency; however, we will not be able to completely rely on the service, and the group needs to know they may be without communication at times. We have specific emergency information and take time to develop contingency plans, but we are also aware that based on location and access it may take time to contact or reach definitive medical care, should the need arise. Although participants are permitted to carry phones, most choose to leave technology behind to more fully immerse themselves in the group experience.

**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. As such, we rely on medical forms so we can properly prepare together for this trip and ensure everyone’s safety. All GRAB staff members are certified Wilderness First Responders, and while in the field, we carry a medical and trauma kit. The medical kit has basic bandaging and wound care items, whereas our trauma kit has basic splinting and medicines such as aspirin, anti-diarrheal, epinephrine, and Benadryl. We ask that you have with you 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 that require medication, it is very important that you bring extra epinephrine or necessary medication in the event that yours becomes lost or broken.