



General Trip Information:

Trip Agenda:

- A. To develop a closer walk with God by setting aside five days to focus on Him.
- B. To help other ladies with their perspective walks with God.
- C. To look for opportunities to share Biblical truths with other hikers who are not part of our group.
- D. To develop bonds and friendship that will last far beyond this trip.
- E. To experience God's creation from a new perspective.
- F. To gain a new appreciation for material items God has blessed you with.

Trip Schedule:

- A. Hiking Days – Monday, August 7 – Friday, August 11
- B. Personal devotions each morning
- C. Hike during daylight
- D. Group devotions each afternoon
- E. Group devotions each evening
- F. Partner prayer time each evening

Note: The schedule must be very flexible to accommodate the unpredictable events that will take place each day. The targeted finish time is before noon on Friday.

Backpacker and Partner Info:

- A. We will partner each hiker with another man for the week, making groups of two.
- B. We will remain together as a larger group the entire time – unless there is an emergency.
- C. The purpose of partnering with another man is to help in carrying and sharing gear as well as helping each other with spiritual, emotional, and physical issues and needs.
- D. Partners will share tents, evening meals and other miscellaneous gear.
- E. PLEASE NOTE: Your trail guide will **ASSIGN** you a partner during our Monday morning orientation and bag shakedown. There is much consideration that goes into the pairing of hikers. Our staff seeks the Lord's guidance through prayer and we use our years of trail experience to try and make the best possible match. Spiritual strengths and weaknesses along with physical strengths and weaknesses of each partner are vital considerations. **Please come with a flexible and open spirit.**

Traveling and Meeting Arrangements:

- A. "Orientation" and "Bag Shakedown" begin on Monday, May 1st at 8:00am at The Wilderness Christian Camp's off-campus office building in Fairplane, WV (Google Maps Address: 167 Seneca Dr, Ripley, WV 25271). We will have a 2-3 hour orientation and "Bag Shakedown". During this time each hiker will have to prove that he has all the necessary food and gear for the week's hike. Please note that ALL of the items in your pack will have to be removed during this time. Hikers will also have time to pack gear with the assistance of our guide staff.
- B. After orientation, we will load our gear and supplies into a group vehicle and begin our 3.5 hour drive to the trail head. We will stop for lunch at a fast food restaurant on the way. Please come prepared to purchase your own meal.
- C. You are welcome to leave your car in our parking lot for the week.
- D. **Hikers making arrangements to have someone pick them up should plan for around 5pm to 6pm on Friday (May 5th) at 167 Seneca Dr, Ripley, WV 25271.**

Water:

- A. When we arrive at the Trail Head, have your water bottles full.
- B. There are plenty of good clean springs along the trail.
- C. Carrying an excessive amount of water is a waste of energy.
- D. Approximately 3 liters of water is sufficient.
- E. Water should always be treated to avoid problems.

Preparation:

- A. Secure the proper food and equipment.
- B. This is a “moderate to difficult” ranked trail. Get your body physically in shape for this trip. Your shoulders and calf muscles will be the most important. Every pound that you are overweight is just one more pound you have to carry all week.
- C. After the hike is completed, you will want to shower and put on clean clothes. **It is strongly suggested that you pack a separate bag with clean clothes and towel to be left in the group vehicle until the end of the week.**
- D. Spiritually prepare! Stop and assess the amount of preparation that will go into your gear and body. How much more important is the spiritual aspect of this trip? We challenge you to put more preparation on that which is most important.
 - Begin praying and preparing now.
 - Pray specifically for each of the other ladies
 - Begin asking God to show you what he would have you to share with the other ladies.
 - Be aware that the devil will try and hinder this trip and any one lady from attending this discipleship journey.

Guide Information:

- A. Jason Perlak will be the Lead Trail Guide
- B. Adam Hager will be the Assistant Trail Guide
- C. Both of your guides are well experienced and have hiked this section of the Appalachian Trail.
- D. Our guides carry firearms to be prepared in the case of the unlikely event that they may be needed.
- E. Our guides carry satellite communication devices for outside communication in the event of an emergency.

Devotion Time:

- A. Some men may be asked to lead the afternoon group devotion (about 20-25 minutes)
- B. Bro. Jason Perlak will be leading the evening fire-side devotions.
- C. Morning personal devotions will be assigned for the week.

Trail Info

- A. The Appalachian Trail, known to hikers as the “AT”. It is 2,175 miles long and touches 14 states.
- B. We will hike approximately 25-40 miles in the Triple Crown area of the trail (near Roanoke, VA). This is known as one of the greatest sections of the AT with many panoramic views. Our goal is to complete a 40 mile tre., However this may change during the week based on health, weather, and potential obstacles.
- C. There are shelters along the trail (some nights may be spent in open sided shelters and others in tents).
- D. You are permitted to have fires at the shelters and designated camping areas. Shelters are three sided structures. They usually have a picnic table and sometimes a privy (outdoor restroom).
- E. Much of the trail is closed to foot traffic only.
- F. Many of the areas along the trail are rocky and have little or no place to set a tent.
- G. The section we are hiking is rated as “moderate to difficult”. The terrain and elevation is most to blame for this.
- H. The first day will be spent in an ascent toward the top Dragon’s Tooth. The following days we will move northward toward McAfee Knob and Tinker Cliffs. Be prepared for a physically demanding journey.
- I. There are no regular restrooms on the trail; you must use “natures” restroom. Bathing will be done in creeks, springs, and streams.

*“Iron sharpeneth iron; so a man sharpeneth the
countenance of his friend.”*

-Proverbs 27:17