



Camping 101: Bend View Overnight (Adults 18+)

Friday March 27, 5PM – Saturday March 28, 10AM

Unlock exclusive overnight access to the Bend View overlook and wake up to a spectacular sunrise over the Maumee River (no expensive gear or camping experience required)!

Leave the stress of the work week behind and join us for an experience that gives you the adventure of backpacking without the heavy lifting. For one all-inclusive price, we provide the tents, sleeping bags, sleeping pads, and all the cooking equipment. You just show up with your clothes and a pillow!

This program is perfect for beginners who want to try camping in a safe, guided environment. We will teach you how to pitch a tent, cook a delicious dinner over an open fire, and navigate the trails. After a moonlit hike along the historic Towpath and a campfire treat, you'll sleep in a section of the park that is closed to the public at night. The next morning you'll wake up to hot coffee, breakfast, and a stunning river view sunrise.

Ages: Adults 18+

Fee: \$92 per guest (Includes dinner, breakfast, campfire snack, equipment rental, and facility access)

Meet at: Bend View Metropark Parking Lot.

- **What We Provide:** Tent, sleeping bag, sleeping pad, (please specify gear needs in registration) camp kitchen gear, dinner (pizza sandwiches/dessert), and breakfast (bagels/fruit/coffee).
- **What You Bring:** Pillow, personal hygiene items (toothbrush/meds), flashlight/headlamp, water bottle, and clothing suitable for the weather (avoid cotton!). See *Packing List* below.

We could be hiking up to 10 miles on various surfaces including dirt, pavement, gravel, sand and some roots.

This program runs rain or shine, sleeping in a tent during a rain shower is actually very soothing! Because of the coordination involved, 50% of the fee is a non-refundable deposit upon registration. If you need to cancel for any reason, please call Ashley Smith at 419-265-2920.

The following packet contains information and resources you need to prepare for the trip including the trip agenda, packing list, and food suggestions for the trip. Please feel free to reach out to your trip leader with any additional questions.

Matt Miller Matt.Miller@MetroparksToledo.com or 419-704-6057



Tentative Schedule

This is our desired plan however it could be subject to minor changes. Please note that daily mileages are approximate.

DAY 1	<ul style="list-style-type: none">• 5:00PM Meet at Bend View Parking Lot and transport gear to Bend View Shelter (1.4 miles)• Setup "camp", assign tents and sleeping arrangements, bathrooms• Enjoy Views and camp activities/games• 6:30PM Dinner• Optional Sunset Hike NE Towpath Trail (X miles)• 7:55PM Sunset• Camp activities (fire building)• Campfire snacks• Settle in for the night
DAY 2	<ul style="list-style-type: none">• 7:00AM Official wake up• 7:15AM Breakfast• 7:24AM Sunrise• Pack up and take gear back to cars (1.4 miles)• 10:00AM Depart

Total mileage: ~10 miles hiking/walking

Food Plan

For the hike you will need to pack a refillable water bottle and/or water bladder (Camelbak). Plan to carry about 2 liters of water and we can refill at camp. Dinner and breakfast will be provided. If you have food allergies or dietary preferences, please contact your host Matt Miller. No alcohol is permitted.

Meals Provided

Dinner: We will be cooking together over an open fire.

- Pie Iron pizza sandwiches
- S'mores and Hot Chocolate

Breakfast: A light breakfast will be provided.

- Bagels with peanut butter, jelly, or cream cheese
- Fruit
- Coffee/Tea
- Orange Juice



Packing List

Please pack everything into a duffel bag for the night and bring a small day pack for the night hike.

Sleep system

- Sleeping bag (available to borrow)
- Sleep pad (available to borrow)
- Tent (available to borrow)
- Pillow

Clothing

- Hiking clothing: shirt and pants/shorts: 1 set, quick dry, non-cotton recommended.
- 1 pair good hiking shoes/boots, well broken in.
- Bandana (for sweat catching, hand wiping, etc.)
- Camp shoes (optional but recommended to let feet breathe) Crocs or sandals.
- 1 pair light/medium weight wool hiking socks.
- 1 set clean underwear per day
- Sports bra (women)
- Sleep Clothes (can double as your clothes for Sunday)
- Packable rain gear such as Frogg Toggs jacket and pants. If you opt to use a poncho, make sure to bring rain pants as well for your lower half.
- Wool sweater or fleece jacket (when paired with your rain gear this should be suitable for most weather conditions). No cotton jackets.
- Wicking base layer (tops/bottoms) Optional.
- Dress in layers for warmth. Avoid bulky coats if possible.

Miscellaneous

- Pocket knife or multi-tool.
- Headlamp or lightweight flashlight (extra batteries)
- Lip balm (with sunscreen recommended)
- Sun protection: hat with brim, sunscreen, sunglasses
- Toothbrush and toothpaste
- Wet wipes and/or deodorant to freshen up
- Personal first aid items: Staff will have a full first aid kit, but we cannot administer medications. Please bring a personal supply of your pain reducer of choice in case of sore muscles, headache, etc. (a small supply of ibuprofen, antacids such as Tums, Tylenol and aspirin should cover most inconveniences that may occur).
- Feminine hygiene items
- Hand sanitizer

Water

- Water bottles
- **OR** 1 bladder water system and one water bottle (for ease of drinking in camp/when your pack is off).



Optional

Camera, Note pad/pencil, Whistle, Watch

Group gear

Group gear will be provided for you by Metroparks.

- Camp Soap
- Group first aid kit provided (you still need to bring your own first aid basics listed above)
- Camp shovel/trowel provided

Frequently Asked Questions

1. What do I do with my trash on the trail? Will there be garbage cans?
 - a. When we are not near trash cans, we will pack in and pack out all trash and practice Leave No Trace on the trail. For an overview of Leave No Trace (LNT) outdoor ethics: <https://lnt.org/>
 - b. When we are near park trash cans you are welcome to use them as normal.
2. What if I am a beginner?
 - a. This overnight is perfect for beginners!
3. What will the campsite be like?
 - a. We will be camping inside and around the Bend View Shelter which is a three-sided stone structure. It has one open room with fire places and picnic tables. Your guide will provide good clean drinking water. There is a porta-john less than 100ft from the shelter.
 - b. Check out the website for more details: <https://metroparkstoledo.com/features-and-rentals/bend-view-shelter/>
4. Why all the info? This is overwhelming.
 - a. None of this information is intended to scare off potential participants but it is very important to make sure you have a full understanding of this trip. Our hope is that you either have all the information you need or feel comfortable asking us the hard questions! We are very excited about the planning and execution of this trip and hope to fulfill some adventure dreams!