



Backpacking 101: Side Cut Overnight (Adults 18+)

Friday September 25, 5PM – Saturday September 26, 10AM

Unlock exclusive overnight access to the Silver Lake 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.

This program is perfect for beginners who want to try backpacking in a safe, guided environment. We will begin with how to load a pack and enjoy a short hike to our campsite where you will learn how to pitch a tent, build a fire, use cooking gear, and best camping practices. We then navigate the trails for a moonlit hike around Side Cut and enjoy campfire treat. You'll sleep in a section of the park usually closed to the public. The next morning you'll wake up to a stunning river view.

Ages: Adults 18+

Fee: \$58 per guest (Includes equipment rental, campfire snack, and facility access)

Meet at: Silver Lake Area Parking Lot

- **What We Provide:** Backpacks, 1, 2 or 4 person tents, sleeping bag, sleeping pad, and camp kitchen gear. Please indicate your gear needs in registration.
- **What You Bring:** Meal for Dinner and Breakfast and any snacks. Pillow, personal hygiene items (toothbrush/meds), flashlight/headlamp, water bottle, and clothing suitable for the weather (avoid cotton!). See *Packing List* below.

Expect to hike up to 10 miles on various surfaces including dirt, pavement, gravel, sand and some roots through the duration of this program. There may be an opportunity for a shallow water crossing.

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

5100 West Central Avenue

Toledo, Ohio 43615-2106

419-407-9700

MetroparksToledo.com



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 Silver Lake Are Parking Lot, load backpacks and transport gear to Camp Location (0.3 miles)• Setup camp, enjoy views and camp activities.• Enjoy Views and Hike Canal Locks Trail (0.6 miles)• Learn fire making and camp kitchen gear.• 6:30PM Dinner• Sunset Hike Riverview Trail and Wood Duck Trail (2.2 miles)• 7:26PM Sunset• Campfire snacks• Settle in for the night |
| DAY 2 | <ul style="list-style-type: none">• 7:00AM Official wake up• 7:15AM Breakfast• 7:26AM Sunrise• Tear down and pack up. Take gear back to cars (0.3 miles)• Morning Hike Fallen Timbers Trail (3.9 miles) OR water crossing to Blue Grass Island (~1.5 miles)• 10:00AM Depart |

Total mileage: ~10 miles hiking/walking

Trail food

Guests will need to bring their own food. Generally speaking you want to select food items that are calorie dense and high in complex carbohydrates and protein. We will have no access to refrigeration or coolers so please avoid foods that will spoil. Avoid foods that will squish or crumble easily. No alcohol is permitted.

For this overnight you will need to pack:

- 1 dinner – Friday
- 1 breakfast – Saturday

Meal Pro Tips

- Pack trail snacks between breakfasts and dinners and to supplement meals. Food for a typical day on the trail usually involves breakfast, morning snack, lunch, afternoon snack, and dinner.
- We'll have time to cook for dinner and will have gear to boil water in the morning for coffee/tea/oatmeal/dehydrated meals, but please plan for a relatively quick breakfast.
- Consider repackaging anything with a lot of packaging to save weight and space. Space is limited, so opt for lightweight, low bulk foods. Calorie needs vary per person, but plan for somewhere between 2500-4000 calories per day.
- Many sources quote that backpackers usually carry 2 pounds of food per person per day. That is a ballpark number and not a hard fast rule, but if your food bag weighs more than 3-4 pounds you should consider more calorie dense, lighter weight foods.



- Many backpackers opt for light-weight freeze dried meals. There are several brands to choose from, and meals can typically be found at Bass Pro, Cabelas, REI, Walmart, or online. Freeze dried meals typically just require adding boiling water. Pre-packaged varieties usually come sized for 1 or 2 persons/servings, or you can purchase bulk canisters that you can control your own portions by portioning into freezer strength zip-lock bags. For those that do not wish to purchase freeze-dried meals please see the sample meals section below for other trail-friendly meal suggestions.
- For more information on meal planning please see REI's expert advice: <https://www.rei.com/learn/expert-advice/planning-menu.html>
- Metroparks can provide dehydrated meals for an additional fee if planned in advance.

Sample Meals

Dinner:

- Dehydrated or freeze dried meals (Mountain House, Backpackers Pantry, etc.)
- Any combination of quick-cook pasta, dehydrated potatoes, instant rice, or pasta and rice sides with chicken or tuna packets, canned beans, or nuts for protein. For example:
 - Mac and cheese with chicken or tuna packets
 - Ramen noodles with chicken and instant mashed potatoes
 - Mexican rice with tortillas and chicken packets or beans
 - Thai noodles with peanuts and peanut butter

Breakfast: select 1 or more, supplement with bars, trail mix, dried fruit, jerky etc.

- Cold cereal with dehydrated milk (add water at breakfast)
- Bagel or tortilla with peanut butter
- Instant oatmeal (two packs for most people)
- Tea, instant coffee, hot cocoa
- Dehydrated meals

Snacks: Plan for an afternoon snack before dinner and a morning snack after breakfast. Snacks also make good supplements to meals. Many people find they prefer to bring a mixture of both salty and sweet snacks. Popular snacks include: goldfish, Cheez-its, chips, jerky, granola bars/protein bars/energy bars, dehydrated fruit, trail mix, fruit snacks, teddy grahams, cookies, nuts.

Water: Plan to carry 2-3L of water a day. There will be potable water available in camp.

Resources for purchasing backpacking food:

<https://www.alpineaire.com/us/us>
<https://www.backcountry.com/backpacking-food>

<https://www.mountainhouse.com/>
<https://www.backpackerspantry.com/>
<https://goodto-go.com/>
<https://www.rei.com/>



Packing List

All items need to be packed in zip top bags or dry bags to keep them waterproof.

Your pack should be trail ready – except for water bottles/hydration packs. Keep these empty until we fill on site. If you are borrowing a Metroparks backpack, your items need to be ready to pack when you arrive for the evening.

Backpack (available to borrow)

- Internal frame (60-80 liters recommended)
- External frame (65+ liters recommended)
- Pack Cover – waterproof nylon pack cover or extra 30 gallon trash bag (Metroparks packs come with pack covers if you are borrowing)

Sleep systems

- 1 person backpacking tent (available to borrow)
- Packable sleeping bag (available to borrow) in stuff sack lined with 30 gallon trash bag. Must be rated to 20 degrees or lower and made of down or synthetic down. We do not want oversized “sleepover bags” that are bulky and heavy. Bags should weigh less than 4 lbs.
- Sleep pad (available to borrow)
- Inflatable pillow (optional) or stuff a jacket into a stuff sack

Clothing

NO COTTON, PLEASE. Cotton does not insulate if it gets wet. Choose synthetic materials such as nylon, polyester, spandex, or wool. Fleece is good.

- 1 pair good hiking shoes/boots, well broken in.
- Camp shoes (optional but recommended to let feet breathe.) Crocs or light tennis shoes or sandals.
- 2-3 pair medium weight wool hiking socks.
- 1 set clean underwear per day
- Sports bras x2 (women)
- Hiking shirt and pants/shorts: 1 set, quick dry, non-cotton required
- Sleep Clothes – these are only for inside the tent. Depending on how cold or warm you sleep you may want a tee-shirt/shorts or long johns. Non-cotton.
- Packable rain gear such as Frogg Toggs jacket and pants. If you opt to use an emergency poncho, make sure to bring rain pants as well for your lower half.
- Wool sweater or down or fleece jacket (when paired with your rain suit this should be suitable for most weather conditions). No cotton jackets.
- Wicking base layer (tops/bottoms): Optional but recommended
- Hat, gloves, buff (optional)

Camp Kitchen

- Bowl/plate depending on what you are eating. Light-weight and not glass.*
- Cup/measuring cup*
- Spoon*
- Food bag: medium stuff sack that can be clipped to a carabineer *
- 2-3 gallon zip top bags for garbage*



- Cook kits* (available to borrow)
- Backpacking stove (available to borrow)
- Food* (see Food Plan for meal planning suggestions)
- Metroparks can provide kitchen items if planned in advance.

Miscellaneous

- Pocket knife or multi-tool.
- Headlamp or lightweight flashlight (extra batteries)
- A bandana/hanky
- Lip balm (with sunscreen recommended)*
- Toothbrush*
- Travel tube toothpaste* or baking soda in a small bottle
- 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). Also include band-aids, antiseptic wipes, and foot care kit- Moleskin, foot powder.
- Sun protection: hat with brim, sunscreen*, sunglasses
- Feminine hygiene items*
- 3 or 4 large rubber bands (optional but helpful in compressing trash and other uses)
- 2-3 extra gallon size zip top plastic bags
- Hand sanitizer*
- Hiking poles strongly recommended (available to borrow) or ski poles

Water

- Water bottles that add up to 2 liters.
- **OR** 1 bladder water system and at least one water bottle (for ease of drinking in camp/ when your pack is off). Together these should add up to 2-3 L.

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 trip is perfect for beginners!
3. What will the campsite be like?
 - a. We will be camping on the Silver Lake overlook area. Your guide will provide good clean drinking water. There is restroom near the campsite at the Lamb Heritage Center.
 - b. Check out the website for more details: <https://metroparkstoledo.com/features-and-rentals/silver-lake-overlook/>
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