



Backpacking 101: Hammock Backpacking Adventure (15 Miles)

Saturday, October 16th at 9AM through Sunday, October 17th at 2PM, \$35

Escape into nature for an overnight retreat and explore the incredible variety of habitats protected within Oak Openings Preserve Metropark. View forests, savannas, and prairies in their autumn splendor as you backpack 15 miles over two days on the Scout Trail. At night, learn the tips and tricks for hammock camping on the trail and enjoy a night off the ground.

This hike takes place on a primitive dirt trail with roots, some elevation changes, and uneven terrain. No backpacking experience necessary; this trip is perfect for beginner backpackers. Recommended ages 16 or older. All minors must be accompanied by a guardian.

Backpacks, hammocks, sleeping bags, pads, stove and cook sets available to borrow.

Program fees include all equipment and camping permits. Meals are not included.

Attendance at the pre-trip informational meeting is required (Tuesday, October 12, 6-8PM, Oak Openings Lodge). We will check and fit gear, talk about the trip, and answer any questions.

All participants and staff must wear masks and abide by proper social distancing guidelines for the duration of the program. Mask breaks are allowed when appropriate. Participants must bring their own masks. We will adhere to any recommendations or requirements that come from the state during the time of the trip.

Because of the intense planning for this trip, 50% of the fee is considered a non-refundable deposit per the refund policy. If you need to cancel for any reason, please call Ashley Smith at 419-265-2920. Anyone who would like to cancel their trip due to concerns related to COVID-19 may do so with no financial penalty.

The following packet contains information and resources you need to prepare for the trip including the trip agenda, packing list, and suggestions for packing food for the trip. Please feel free to reach out with any questions. I can be reached at:

Amanda Domalski: 419-277-6276 or Amanda.Domalski@MetroparksToledo.com

Tentative Schedule

This is our desired plan, however it could be subject to change, particularly due to COVID-19. We ask for your understanding and flexibility. We will keep you updated if changes occur, and you will be advised of the final schedule at the mandatory pre-trip meeting.

Saturday, Oct. 16th	9:00 AM: Arrive at Oak Openings Preserve Metropark, Mallard Lake parking lot Depart on hike, hiking north on the scout trail Lunch on trail Continue hiking on scout trail Arrive in camp at Springbrook campground (10 miles total for the day) Set up camp Prepare dinner, eat, evening share, free time
Sunday, Oct. 17th	7:30AM: Wake, break camp Breakfast Depart on hike, hiking south on scout trail Lunch on trail Continue hiking on scout trail 2:00 PM: Arrive back at vehicles at Mallard Lake (5 miles total for the day) Depart

Total mileage: 15 miles

Food Plan

Please eat a hearty breakfast before arriving at Oak Openings Saturday morning. We will finish our hike before dinner on Sunday.

Trail food

Participants will need to bring their own food. Generally, 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 on-trail so please avoid foods that will spoil. Avoid foods that will squish or crumble easily.

For the trek you will need to pack:

- 1 lunch –Saturday
- 1 dinner –Saturday
- 1 breakfast –Sunday

Pro Tips

- Pack trail snacks between meals and to supplement meals. Food for a typical day on the trail usually involves breakfast, morning snack, lunch, afternoon snack, and dinner.

- We will take the time to boil water in the morning for coffee/tea/oatmeal/dehydrated meals, but please plan for a relatively quick breakfast. Lunch should be ready to eat and require no cooking. We will take time to cook for dinner.
- Consider repackaging anything with a lot of packaging to save weight and space. Pack 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 6 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, Cabela's, 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>

Sample Meals

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 coco
- Dehydrated meals

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

- Bagels or tortillas with peanut butter and jelly or honey
- Tuna or chicken packets with crackers

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

Snacks: Plan for a morning snack between breakfast and lunch, and an afternoon snack between lunch and dinner. 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, jerky, granola bars/protein bars/energy bars, dehydrated fruit, trail mix, fruit snacks, teddy grahams, cookies and nuts.



Water: Plan to carry 3-4L of water a day. We will refill along the trail and 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.

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

- Hammock (available to borrow)
- Hammock rain fly (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. Opt for synthetic materials such as nylon, polyester, spandex, or wool. Fleece is good.

- 1 clean mask per day. All participants and staff must wear masks and abide by proper social distancing guidelines for the duration of the program. Mask breaks are allowed when appropriate. Participants must bring their own masks.
 - We will adhere to any recommendations or requirements that come from the state during the time of the trip.
- 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.
- 1-2 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 (\$40 at Walmart or online). 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 carabiner*
- 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)

Miscellaneous

- Pocket knife or multi-tool.
- Headlamp or lightweight flashlight (extra batteries)
- 2-3 bandanas/hankies
- 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*, long sleeves, 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
- Emergency toilet paper for on-trail stops: 1/4-1/2 a roll
- Hand sanitizer* or small bottle Dr. Bronner's soap*
- Several yards of duct tape (wrap around a water bottle or hiking poles or keep a small spool in your first aid kit.)
- Hiking poles strongly recommended (available to borrow) or ski poles

Water

- Water bottles that add up to 3-5 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 3-5 L.

Optional

- Camera
- Note pad/pencil
- Whistle
- Watch

Group gear

Group gear will be provided for you by Metroparks.

- Camp Suds* provided – staff will carry
- 100 ft. nylon rope- provided but each hiker will carry their own (For hanging bear bags)
- Carabiners provided but each hiker will carry their own (for hanging bear bags)
- Group first aid kit provided- staff will carry (you still need to bring your own basics listed above)
- Camp shovel/trowel provided for emergency use on trail- staff will carry
- Repair kit- staff will carry
- Fire building kit- staff will carry

****Items that will be stored in bear bags at night. We don't have bears in NW Ohio, but we do have raccoons. Bear-bagging is a good backpacking skill to learn, and a great way to keep raccoons from eating your breakfast overnight.***

Additional Comments

We will pack in and pack out all trash while on the trail and practice Leave No Trace on the trail.

This is a beginner-friendly hike, no backpacking experience required! Training in advance will be key to a fun and successful trek however. Practice hiking with a weighted pack. Start with a light pack and low mileage, then slowly increase the weight in your pack and your mileage. Your pack weight for this trip will likely be 25-30 lbs. Use that as the end goal for your training.

The campground on this hike is a primitive campground. Restroom facilities consist of an outhouse, and running water is supplied by a hand-pump. There will be potable water, picnic tables and fire rings at this campground.