



Backpacking 101: Moseley Trail Backpacking Overnight (12 Miles)

Saturday, October 23rd at 9AM through Sunday October 24th at 11AM, \$35

Backpack your way through dynamic habitats of Secor Metropark, connect to the Moseley Trail and spend the night camping at the serene Wiregrass Lake. Along the way you will see a number of featured Oak Openings habitats, including; tall oak trees, wet lowlands, meadows and prairies.

The hike will take place on a smooth gravel trail. 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, tents, 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 19th, 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 food suggestions for the trip. Please feel free to reach out with any additional questions.

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One of the best parts of your trek will be the anticipation. The other is the preparation. We have listed resources for you to research food and gear options. Enjoy the process! Although most of the needed equipment is available to borrow, some participants prefer to purchase their own.



Trip Plan

Meet at Secor Metropark at the National Center for Nature Photography 10001 W. Central Avenue, Berkey, Ohio on Saturday, October 23rd at 9AM. Please eat breakfast before you arrive.

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.) Please note that daily mileages are approximate.

Saturday, Oct. 23rd 9:00 AM Arrive at Secor Metropark Photo Center
Final pack adjustments
Hike 9 miles in Secor Metropark and on Moseley Trail
Setup Camp at Wiregrass Lake Metropark
Prepare dinner, eat, evening share

Sunday, Oct. 24th 7:30AM: Wake, break camp
Breakfast
Hit the trail
Hike 3.4 miles back to our vehicles
Arrive back around 11AM

Total Mileage 12.4 miles

Our Sunday will start early, but it takes on average 1.5-2 hours to break camp, eat breakfast, and hit the trail. We will make several nature stops along the way. This is YOUR trip, so please make sure you let leaders know when you want to stop for photo ops!

Hike Profile

The hike will primarily take place on a smooth gravel trail and other well-worn and maintained trails. No backpacking experience necessary; this trip is perfect for beginner backpackers.

Food Plan

Please eat breakfast before you arrive on Saturday, so we can hit the trail promptly.

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

- 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. 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.
- 2 pair medium weight wool hiking socks.
- 1 set clean underwear per day
- Sports bra
- Hiking shirt and pants/shorts: 1 set, quick dry, non-cotton required- Wear this when you arrive on Saturday
- 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 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.
- Waterproof matches or lighter (a few cotton balls or small candle piece for fire starters.)
- Headlamp or lightweight flashlight and extra batteries
- bandana/hankie
- Lip balm (with sunscreen recommended)
- Toothbrush
- Travel tube toothpaste
- 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
- 2 large rubber bands (optional but helpful in compressing trash and other uses)
- 2 extra gallon size zip top plastic bags
- ½ roll toilet paper –Think of your own needs.
- Hand sanitizer or small bottle Dr. Bronner’s soap (scent free if possible)
- Several yards of duct tape (wrap around a water bottle or hiking poles or keep a small spool in your first aid kit.)
- Repair kit: Needle and dental floss, repair kit for inflatable sleeping pads if applicable, stove repair kit if applicable
- Hiking poles strongly recommended (available to borrow) or ski poles
- A ditty bag or stuff sack that can clip to a carabiner for scented items to put in bear bag

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

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

For travel: We recommend packing a travel bag separate from your backpack to leave in your car. In this bag you will want to pack:

- Clean travel clothes for the ride home
- Wet wipes and deodorant to freshen up (optional, but you'll feel better after!)
- Snacks

Frequently Asked Questions

1. What do I do with my trash on the trail? Will there be garbage cans?
 - a. 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/>
2. What if I am a beginner?
 - a. If you have never backpacked before, please sign up for our Backpacking 101 educational programs. Training in advance will be key to a successful trek. Please take the time to train by hiking with a weighted backpack in the months leading up to the overnight.
3. What will camping be like?
 - a. We will be camping at an established campground. We will use a trowel/cat-hole system for bathroom purposes on the trail.
4. Not to get into the dirty details, but what does trowel/cat-hole system mean?

Going in the Woods

Please follow these simple steps when nature calls:

1. Find a spot at least 200 steps from any water source
2. Dig a hole 6-8 inches deep and bury human waste
3. Pack out used toilet paper



When people are not responsible going in the woods they contaminate the water you swim in, fish from, and drink. Bacteria and viruses found in human feces are known to cause hepatitis, blue baby syndrome, salmonella, giardia, and other gastro-intestinal diseases. Remember, the water in the rivers and lakes you visit may flow into your own drinking water supply.

5. Ok, now that I know that, what if I am on my period?
 - a. Similarly, all products, before and after use, will need to go in your bear bag. You cannot bury any products. Multiple zip-top bags are recommended for this.
6. 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 trek. We are very excited about the planning and execution of this trip and hope to fulfill some hiking dreams!