Bucknell University
Outdoor Education and Leadership presents:

**Expedition:**
Appalachian Trail Backpacking & Rockclimbing Michaux State Forest, 21 Miles
*August 17-21, 2013*

Click link to Register (May 13, 2014): https://my.bucknell.edu/script/BuckWild/
Welcome to BuckWild!

Get your spirit of adventure ready because you are about to venture out with Bucknell University’s Outdoor Education & Leadership on an exciting BuckWild expedition. BuckWild is designed to introduce you to other incoming students from your class and aid with the transition into the university setting. Experienced upperclassmen, BuckWild trip leaders, will also be joining you for this opportunity of a lifetime. We all look forward to experiencing this exciting expedition with you!

This document is designed to inform you about your BuckWild adventure and answer any questions or concerns you may have. Please read through all of the materials and if you have further questions contact Tony Stafford, the Director of Outdoor Education & Leadership at 570-577-3080.

I look forward to meeting you and your family on our exciting adventure this upcoming August!

Sincerely,

Tony “Tito” Stafford
Director of the Outdoor Education and Leadership

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Purpose of BuckWild

The goal of the BuckWild program is to help with the transition into university life. Your first year at the university is the most critical and often perceived as the most challenging in any student’s mind. University can be tough because of the first time freedom you have making decisions, meeting new people, fitting into a new community, and adapting to a new culture. Our goal is to help with these issues by working to build a support network with you. We want to provide you with resources to help, when and if you struggle, plus by providing a challenging experience in the outdoors it will help boost personal confidence, and prepare you for the rigors and trials of the first-year experience. We believe this experience will aid you in making smart decisions during your first year and help you manage academic, social, personal-emotional, institutional adjustment, and beyond!!

Bucknell University is known for providing its students with a world-class education. What might not be as obvious is we at Bucknell try to help students succeed both inside and outside of the classroom. Today’s graduates will leave Bucknell not only with a tremendous education, but also strong leadership, communication, and problem solving skills whether in the backcountry, the classroom, the boardroom, or the lab. BuckWild and Outdoor Education & Leadership will be your first step toward a successful Bucknell experience and ultimately graduation.

WELCOME GRADUATION CLASS OF 2018!!

Destination Information

The Appalachian Trail (AT) is a trail of legends and history! It began in 1921 as an idea, and in 1937 the entire trail from Georgia to Maine was completed. The trail is an estimated 2,180-mile hike. Michaux State Forest is in southern PA. There is a 22-mile section of the AT that your group will be doing that passes by a premier rock-climbing area. Michaux State Forest is the northern portion of the Blue Ridge Mountains. This state forest area is a gem for outdoor enthusiasts. We believe that you will enjoy its sheer beauty as you backpack and climb with your new classmates. This trip was largely popular and back by demand.

http://www.appalachiantrail.org/

http://www.dcnr.state.pa.us/forestry/stateforests/michaux/index.htm

http://www.mountainproject.com/v/shaffer-rocks-the-hermitage/106375928
Expedition Preparation

To participate, you do not need to know or have done any backpacking or rock climbing. You certainly don't have to be a serious athlete, but you will be walking moderate distances over several successive days with a pack on your back that weighs from 25 to 40 lbs. The elevation gain and loss is gradual along the trail, but can be challenging when carrying a heavy pack. It is a good idea to have done some physical preparations in advance to make things less stressful upon your body. Examples could be hiking, running, biking, swimming, or any other physical activity to get your heart rate up.

Climbing will be from beginner to advanced. Our trip leaders can set a variety of skill level climbing routes. We will accommodate all needs of our participants.

More importantly, please make sure to get plenty of rest prior to the trip; arrive refreshed as much as possible and ready for an awesome experience. We know the time is stressful with move-in, but try to take time to rest.

In addition, be sure to drink plenty of water the week before the trip to hydrate your body. The temperatures in August can be intense and we want to make sure everyone remains healthy during the experience.

We do recommend preparing for the physical activity.

Here are a few websites that might help with conditioning and backpacking preparations:

http://www.rei.com/expertadvice/articles/conditioning+backpacking.html

http://www.backpacker.com/may_2007_gear_do_this_workout_to_hike_farther_hike_stronger/skills/12143

http://www.journeywest.com/WB/pages/gettingstarted2.html

http://mountainsurvival.com/backpackfitness.html

Expedition Itinerary

Appalachian Trail Backpacking and Climbing Structure
There will be a total of 2 crews. There will be 9 participants and 3 Student trip leaders (Navigators) per crew. One crew will start north on the AT and travel south. The other crew will start south and travel north. They will cross each other in transit. Each group will have 1 day of climbing. Your group will get to interact with the climbing and caving groups that will be at the climbing site already. Below is an example of a trip itinerary.

Sunday, August 17, 2014
- 7:30 am – Noon - Move in to the Residence Halls, Breakfast & lunch on your own
- 12:45 pm – Bring packed equipment (from packing list) for the trip to the Student Hearth Space (where you received your keys upon arrival in the morning) – Ground floor of Langone Center across from Bison
- 1:00 pm - Meeting with the Dean, Associate Dean, Director of Outdoor Education & Leadership, and BuckWild Student Trip Leaders
- 2:00 pm - Say good-bye to families
- 2:10 pm - Trip begins – Icebreakers, prepping gear, learning about equipment, evening activities, snacks, dinner, and the Traditional Grove Camp Out (you will not be sleeping in your room until Thursday when the experience is completed).

Monday, August 18, 2014
Wake up, pack up equipment, and depart campus! Hit the trail “running” – Goal: Hike between 6 miles. Set up camp. Enjoy fun, daily activities prepared by the Trip Leaders.

Tuesday, August 19, 2014
Wake up, break down camp, and prep for day of rock climbing at Shafer Rock. Climb all day and enjoy company of climbing group. Depart later afternoon hike 2-3 miles set up camp. Enjoy fun, daily activities prepared by the Trip Leaders.

Wednesday, August 20, 2014
Wake up, break down camp, and depart camp. Goal: Hike between 7-8 miles depending on night before. Set up camp. Enjoy fun, daily activities prepared by the Trip Leaders.

Thursday, August 21, 2014
Finish hiking 5 to 6 miles to vehicles. Arrive back at Cowan Retreat Center. Your trip leaders will have planned activities for the day, closure activities, dinner and music with students, faculty, and staff, until 8 or 9 pm. Return to campus by 9:30 pm. Call parents, let them know that you are safe and it was the most amazing experience in your life!
Equipment Packing List

What to Pack? Clothes and personal items you must bring

Below you will see a number in front of the clothing. Think of it as 1 set of clothing you are wearing and 2 you are packing. Please limit the amount of items you bring because you will be carrying them. PLEASE, NO COTTON MATERIALS, they will not dry. Pack quick-dry, lightweight synthetics materials only. If you have any questions about this list, please do not hesitate to contact us at the office of Outdoor Education & Leadership.

Clothing Essentials

- 1- Rain Jacket ***!!! (The most important piece of clothing! Make sure it really keeps the water out!)
- 1- Rain Pants ****!!! (The 2nd most important piece of clothing! Make sure it really keeps the water out!)
- 1- Pair of Broken in Hiking Boots or Trail Shoes
- 1- Pair of Sandals or Sneakers (for night time….your feet will thank you)
- 2- Pair of Athletic Shorts
- 2- Athletic Shirts
- 1- Athletic Long Sleeve Shirt (for Bugs your arms will thank you)
- 3-Pairs of wool socks
- Underwear and Sports Bras (amount is up to you, but pack very light)
- 1-Pair of “quick dry” pants (like warm up pants)
- 1-Lightweight fleece pullover/ sweatshirt type style (non-cotton is best)
- 1-Hat/Visor for sun

Non-Clothing Essentials

- 2- 32 oz. Nalgene bottles ****(this is more important than you think)
- Plastic bowl with eating utensils (“sporks” work really well)
- Toothbrush & Toothpaste
- A few extra snacks (5-6 bars that you enjoy, granola bars etc.)
- Hair Ties
- Contact materials/glasses/retainer strap (to keep them on your head)/hard sided case for glasses for sleeping at night
- Medicine as needed ****
- Feminine products as needed (even if you are not on your cycle please bring some)
- ID and insurance card
- 1-soft sided duffel bag to pack it all in (we will repack all your items in the backpack, but you have to bring it all in something to start)

Non- Essentials You May Wish to Bring…(this is not an exhaustive list…)

- 1-Bandanna
- Bathing suit & Small quick dry towel
- Camera w/extra SD Card and Batteries
- Money for stops on the way back or on the way there
- Bug Spray (30% Deet minimum works best)
- Sunscreen (Sweat Proof)
- Chapstick (can be a life-saver if you struggle with chapped lips)
- Sunglasses
- Moleskin for blisters (although we will have this already, but is good if you get blisters often)
- Empty Pillow Case / Stuff sack for pillow making material
- Brush or Comb
- Several 1 gallon ziplock bags
• Trash bag for water proofing
• Watch with an alarm
• Journal and writing utensil
• Non-scented hand sanitizer
• 1-travel pack of UNSCENTED baby wipes (Unscented because of animal attraction)
• Trekking Poles

**Essentials Bucknell Provides…(But You May Bring if You Have Your Own)**

• Backpack (65+Liter)
• Sleeping bag (easily packable)
• Sleeping bag liner (if you use one of Bucknell’s bags, you have to take a liner and use it)(we’ll explain)
• Sleeping Pad
• Headlamps for getting around at night
  -Disclaimer if you bring your own items, make sure it is light weight and packable. It should all fit in or on your backpack.

**Bucknell Provides…(That You Really Should NOT Bring)**

• Tarps/Tents
• Stoves & Fuel
• Cookware & Pots
• Water purification systems
• First Aid Kits
• Water Carrying Bladders
• Breakfast, lunch, dinner, and some snacks for each day
• And All Other technical gear for the experience

**ITEMS NOT ALLOWED**

• NO Cell Phones, IPODS, MP3 Player or ANY technology-based entertainment
• NO WEAPONS
• NO Drugs, Alcohol, or Tobacco Products
• NO Glass items. They can and will break.
• NO Cotton Materials -- they will not dry. Pack quick dry, lightweight synthetics materials only.
• NOTHING SCENTED because of wild animals bears, rodents, etc., and because it attracts bugs (NO deodorant, make up, lotion etc)
• NO New Hiking boots (UNLESS broken in)

**COTTON Disclosure…**

- The Buckwild website packing list avoids cotton as a material to use during the trip. The problem with cotton is that when it gets wet, it never dries, and becomes heavy and un-usable for the duration of the experience (so you’ll be carrying it around and not be able to wear it again). If you want to bring a cotton sweatshirt, flannel, or one cotton shirt for comfort etc…, we do not want to absolutely ban such a decision. However, know that this is not necessarily recommended, and understand the negative consequences of having cotton if it happens to get wet on the trip. If at all possible, please stick with synthetic “quick-dry” materials. In terms of socks, you should really only have wool socks.
How to Layer (Examples)

Sleeping Layer (depends on if you are a warm or cold person)

Warm Hiking
Colder Hiking

- Sunday Afternoons Sun Tripper Hat
- Cotton Bandana
- Smartwool Microweight T-shirt
- REI Silk Thermal Top
- Montbell UL Thermawrap Vest
- Under armour Boxer Jock
- The North Face Flight Series Running Shorts
- Terramar Thermasilk Bottoms
- Smartwool PHD Lite Running Socks
- Merrell Moab Ventilator Shoes

Rain Hiking (No umbrella)

- GoLite Chrome Dome Umbrella (optional)
- Smartwool Microweight T-shirt
- Marmot Mica Rain Jacket
- Under armour Boxer Jock
- The North Face Flight Series Shorts
- Smartwool PHD Lite Running Socks
- Merrell Moab XCR Shoes
Directions to Bucknell

From New York City (Three-and-a-half hours)

- Route 80 West to Exit 210A
- Route 15 South
- At the 11th traffic light, turn left for Bucknell and Christy Mathewson-Memorial Stadium onto Moore Ave.

From Philadelphia (Three-and-a-half hours)

- Pennsylvania Turnpike Northeast Extension
- Route 80 West to Exit 210A
- Route 15 South
- At the 11th traffic light, turn left for Bucknell and Christy Mathewson-Memorial Stadium onto Moore Ave.

From Pittsburgh (Four hours)

- Route 22 East
- 220 North (I99)
- Interstate 80 East to Exit 210A
- Route 15 South
- At the 11th traffic light, turn left for Bucknell and Christy Mathewson-Memorial Stadium onto Moore Ave.

From Harrisburg (airport) (About 75 minutes)

- Route 83 North
- Route 81 South
- Route 322 West
- Routes 11&15 North
- When Routes 11 & 15 split, stay on Route 15. Tedd's Landing will be on your right and Kmart on your left.
- About seven miles after Selinsgrove and Shamokin Dam, turn right at the traffic light for Bucknell and Christy Mathewson-Memorial Stadium onto Moore Ave.

If Student is traveling alone (only if you are traveling alone can you use this option)

- Bucknell University and Card Services does provide some shuttle options to getting to campus
- Please use websites as a reference before booking flights into specific airports
  - [http://www.bucknell.edu/x8734.xml](http://www.bucknell.edu/x8734.xml)
  - [https://www.bucknell.edu/about-bucknell/administrative-offices/international-student-services/admitted-students/transportation-to-lewisburg.html](https://www.bucknell.edu/about-bucknell/administrative-offices/international-student-services/admitted-students/transportation-to-lewisburg.html)
Once on campus…
1. You may park on Moore Ave, in Moore Ave lot (across from Elaine Langone Center), on 7th Street, in 7th Street lot (across from Smith Hall)
2. Go to the Ground Floor of the Elaine Langone Center (corner of 7th St. and Moore Ave.)
3. Look for check in desk & BuckWild leaders to obtain your key.
4. Staff will direct you to your hall & will help you move in. PLEASE USE OUR STAFF TO HELP!

Additional Information

Cancellation and Refund Policy
1) If this activity is cancelled for any reason by Bucknell (i.e. weather, insufficient registration, etc.) you will receive a full refund.
2) If you must cancel, you must do so on or before June 27, 2014
3) If a participant cancels after June 27, 2014 you will be refunded **IF** we can find a participant to fill the spot. **IF** we are unable to find a participant you WILL NOT receive a refund.
Registration Deadline and Cost
The deadline for registration is first come first serve for the 18 spots on these two trips. The final day to register is June 16, 2014. We have a limited amount of space. Please register quickly as our experiences fill quickly. The cost is only $375 a person and includes, food, transportation, technical equipment, t-shirt, camping fees, and other fees associated with different trips. We do have some scholarship money available for those in need and wish to participate. Please contact Tony Stafford at (570)-577-3080.

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Dietary Needs and Food Information
All food is provided starting with snacks the afternoon of Sunday and Dinner the first night of the experience. Participants may want to bring additional money for purchases at rest stops on transport days. You know your body best and how to fuel it. You are more than welcome to bring additional snacks that suit your dietary needs.

If you have specific dietary needs and failed to indicate this information on the registration form, please contact the Director of the Outdoor Education & Leadership at 570-577-3080, so necessary arrangements can be made. Requests must be made by August 1, 2014 to ensure your needs can be met.

Moving On Campus
Keys will be available to pick up on Sunday, August 17, 2014 between 7:30am and 12 Noon. You can move in during that time frame, try to come early. BuckWild will start at 1 pm. Food will be provided beginning with snacks in the afternoon and dinner on August 17th. Please plan accordingly for Breakfast and Lunch. If there are extenuating circumstances, such as traveling alone, flying from the west coast, or international flights and you need accommodations, please call the Director of Outdoor Education & Leadership. Each concern will be handled on a case-by-case basis. Card Services does provide some shuttles to and from certain airports. Please contact Card Services or Housing for shuttle or housing accommodation questions or concerns.

Other
It is the participant’s responsibility to let family and friends know that they will be out of communication reach during the experience (August 17 @ 2pm until August 21 @ 10 pm-ish). If there are family emergencies, your family member(s) must call the Campus Switchboard at (570) 577-2000. They will then get in touch with the Director of Outdoor Education & Leadership. The Director will know how to get in touch with each team in the field. Each situation will be resolved as quickly as possible.

Participants are not allowed to drive themselves to and from the trailhead. This is a group experience and the participant must be with the group, in school vehicles for the entirety of the program. The university is liable if participants drive themselves.

If you have further questions about your expedition, please feel free to contact the Director of Outdoor Education & Leadership at 570-577-3080.

We look forward to seeing you this Summer!