

HICKORY RUN STATE PARK BASECAMP

This trip takes place in the scenic Hickory Run State Park in the Pocono Mountains. Your crew will be able to play disc golf, white-water raft down the Lehigh River, and explore a nearly 16 acre boulder field! Participants will be staying at a rustic tent site in the park. This action-packed trip is an exciting opportunity to bond with your fellow first-year students and learn from older Bucknellians.

Challenge level

The exertion level is light. No prior white water experience is needed. We will teach you everything you need to know for all the outdoor pursuits. We are using a guide service for white water rafting.

Expedition Itinerary

- Day 1 (same as all the others)
- Day 2 - Wake up, make breakfast, and head over to Hickory Run state park! Goal: Hit the trail for the day to hike the famous boulder field! Enjoy fun activities prepared by the Trip Leaders.
- Day 3 - Wake up, make some breakfast and head over to white water rafting. Spend the day on the water and enjoy fun, daily activities prepared by the Trip Leaders.
- Day 4 - Wake up and enjoy breakfast. Goal: Complete an orienteering race in Hickory Run state park, stop by the beach with any extra time! Enjoy fun, daily activities prepared by the Trip Leaders.
- Day 5 - Wake up, and make breakfast. Play some disc golf on the course in Hickory Run and go to the beach with any extra time! Pack up camp and head back to Cowan to meet and engage with Bucknell Professors in the afternoon. There we will enjoy food and festivities mid evening. Go back to shower and then meet up for the Arts First Pre-Orientation Program Performance. Sleep in your rooms.
- Day 6 (same as all the others)

§ Equipment list: file provided

§ How to prepare: To participate you do not need to know or have done any type of outdoor activities. You certainly don't have to be a serious athlete, but you will be very active. So it's 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. During this experience you will be whitewater rafting and hiking. All the activities are beginner. We will be able to help you learn about all the activities. 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.

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, Trail Shoes, or sneakers
- 1 - Pair of Water Shoes for white water day
- 2 - Pairs of Athletic Shorts
- 1 - bathing suit for white water day
- 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, Cup, with Eating Utensils ("Sporks" work really well)
- Toothbrush & Toothpaste
- A Few Extra Snacks (5-6 bars that you enjoy, granola bars etc.)
- 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 of course, make sure it all fits in)
- 1-Small to medium day pack (Pack your supplies you need for the day while hiking, biking, and climbing)
- Flashlight

Non-Essentials You May Wish to Bring (This Is Not An Exhaustive List)

- Bandanna
- Small Quick Dry Towel
- Camera w/extra SD Card and Batteries

- Money (there may or may not be stops during the trip, but you may want to buy a drink or a snack if there is a stop)
- Bug Spray (30% DEET minimum works best)
- Sunscreen (sweat proof)
- Chapstick (can be a life-saver if you struggle with chapped lips)
- Sunglasses
- Brush or Comb
- Several 1 Gallon Ziploc Bags
- Watch with an Alarm
- Journal and Writing Utensil
- Travel Pack of UNSCENTED Baby Wipes (unscented because of animal attraction)

Essentials Bucknell Provides as per Requested by Student on Google Form over the Summer (But You May Bring if You Have Your Own)

- 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
- Climbing Equipment: Climbing Harness, Climbing Helmet, Chalk Bag, and
- Climbing Shoes (we will inspect your equipment to make sure it is safe to use)

*Disclaimer: If you bring your own items, make sure it is lightweight and packable.

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, makeup, lotion, etc.)
- NO New Hiking Boots (UNLESS broken in)