

Backpacking Adventure Program

On backpacking programs, we maximize time on the trail with an organized packout & participant preparation process. Within hours of arriving at base camp, we pack our backpacks and travel to a variety of trailheads in Pisgah National Forest. Once in the backcountry, students may learn to build a fire, navigate terrain, find and purify water, and other skills needed to be comfortable in the woods. We practice “Leave No Trace” outdoor ethics, subscribe to a group expedition mentality, and strive to cultivate confidence and self-reliance.

4 Day Backpacking Sample Schedule (can be longer)

Day 1

7:00am Group arrival: Welcome, duffle shuffle, bathroom breaks. Go to prep cabins for small group intros

8:00 Breakfast

9:00 Dismissed to prep areas to begin Backpack Prep: food and group gear distributed and personal gear checked.

9:30 Pack fitting at gym

11:15-12:15 Packout lunch buffet available

All groups depart for the trails after lunch

Day 2-3

- Groups tear down and set up camp in new locations each day and travel on trails to their next campsites.
- Participants assist with cooking, setting up tarps, gathering firewood, and other group tasks at campsites.
- Trips often include beautiful Blue Ridge mountain views and visiting a waterfall, stream, or river.
- Organizers may opt to request climbing programs or visit a natural waterslide to be incorporated into the backpacking trip.
- Inside Out staff are in touch with Inside Out Program Directors on a regular basis throughout the trip while on trail.

Day 4

12:30-2:00 Groups begin to return to camp

1:00-2:30 Gear check-in

3:20 Showers and packing

4:15 Camp cleanup

5:00 Dinner

7:30 Group departs