



SOUTHERN
CHANGWORKS

Healing Journeys
Backpacking Expedition
October 15-18, 2021



Hello Friends,

We are so glad that you are considering joining us for the Fall 2021 Healing Journeys Backpacking Expedition. The Sipsey Wilderness, in Bankhead National Forest, is a scenic forest covering approximately 25,000 acres. We will meet at a designated area early Friday morning to make introductions and pack gear, drive to the selected trailhead, and hit the trail by noon on Friday. We will hike all day Saturday and Sunday, and be out of the forest around noon on Monday, then drive back home on Monday afternoon. We will cover approximately 6-10 miles per day, depending on the overall capability of the expedition applicants.

Below, you will find a list of all gear that will be provided for you, as well as what you will need to bring. If you will be bringing a full set of your own personal gear, please indicate that in your application. This will be considered an ultra-light expedition, so the goal is to keep pack weight below 35 lb., including food and water.

Gear Provided:

1. Backpack
2. Sleep System (Hammock, under-quilt and top-quilt, sleep mat, rain fly)
3. Rain Suit
4. Trekking Poles
5. Hydration Bladder
6. Headlamp
7. Camp Stool
8. First Aid Kit
9. Cook Stove (shared among group)
10. Mess kit
11. Water filter (shared among group)
12. Wet wipes
13. Food
14. First Aid Kits (shared among group)
15. Journal and pen

ITEMS YOU ARE RESPONSIBLE FOR:

1. Clothing
2. Jacket(s)
3. Footwear
4. Any prescription or OTC medications you might need
5. Any eyewear or headgear



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Menu:

Here is the standard menu. Group leaders are open to suggestions. Please remember that a lighter pack makes for a happier back and legs.

Breakfast—Packaged grits and packaged oatmeal, granola and/or granola bars. Hot chocolate and packaged instant coffee.

Lunch—Tuna fish in sunflower oil, with crackers. Trail mix and granola, granola bars for snacks.

Supper—Mountain House (or equivalent) freeze dried meal. Just add boiling water.

Supplements—Liquid Greens, Liquid IV, Fruit Strips

Footwear:

Of course, choice of footwear is a personal decision. Experienced hikers can be seen wearing anything from minimalist sandals to heavy leather boots, and everything in between. For expert advice on selecting proper footwear, please check out <https://www.rei.com/learn/expert-advice/hiking-boots.html>. And then, bring the footwear that's right for you. In case of blisters, moleskins will be provided in the first aid kits.

Clothing:

For a great article on proper clothing for backpacking, visit <https://www.rei.com/learn/expert-advice/backpacking-clothes.html>. In summary, lightweight, moisture-wicking, and quick-drying clothing is optimal. Bring one fresh pair of socks, t-shirt, and underwear to sleep in, but be prepared to wear the same outer layers for the duration of the trip, as clothing can be bulky and heavy in a backpack. Bring a top and bottom base layer, mid layer, and a shell jacket if possible in order to layer. Synthetic fabrics are usually preferred over cotton. There will likely be at least two river crossings, with water levels from knee deep to waist deep. Quick dry clothing will be optimal for this trip.

For questions, suggestions, or to submit an application, please email southernchangeworks@gmail.com, or welpalabama@gmail.com. Applications can also be mailed to :

SOUTHERN CHANGWORKS
1278 County Road 447
Cullman, AL 35057

PLEASE SUBMIT APPLICATIONS NO LATER THAN SEPTEMBER 15, 2021!!!

Blessings,

Brandon Reeder