

# BACKPACKING

teen invitational

## Tips For Backpacking

**BACKPACK:** Does not have to be expensive or fancy. Must be able to hold and carry your supplies without you having to work too hard. Walmart has straps that will allow you to attach rolled items to your backpack, such as sleeping bag and pad. You may be able to rent a good backpack from a sporting/outdoor store. Plan to carry 1/4 your weight as an ideal amount. You can carry more, but should not exceed 1/3 of your weight.

**SLEEPING BAG:** It may be very cold, so bring a heavy enough bag to keep you warm.

**INSULATED SLEEPING PAD:** This item is as important as a sleeping bag is in keeping you warm. The ground is hard and cold. A sleeping bag will not keep you warm if you sleep on the ground or on an air mattress without an insulation pad.

**TENT:** Keeps you out of the elements. Bring one that is waterproof. Rain this time of year is likely.

**PLASTIC TARP(S) & TIES:** These are critical items. A tarp can shelter you from rain, snow and/or wind. You should also bring rope or bungee cords to secure your tarp to the trees to shelter your tent.

**PONCHO/RAIN GEAR:** It is nearing the spring rainy season. A poncho or rain suit will help keep you dry and will also serve as a windbreaker. A large poncho can be draped over your backpack if you have to hike in the rain. If your rain gear doesn't have a hood, bring a hat; a lot of your body heat escapes through the top of your head. Take several large plastic trash bags to put your sleeping bag in and one can be placed over you pack to keep it dry. Staying dry and keeping warm can insure that you have an enjoyable time no matter what the weather.

**CLOTHES:** Layers are best. You will get warm while you're hiking, and will get cold while sitting or sleeping. Again, pack a couple of plastic bags to keep your backpack and clothes in to make sure they stay dry.

# Tips For Backpacking continued...

**SHOES/EXTRA SOCKS:** Don't wear new boots or shoes. Wear comfortable, sturdy boots or tennis shoes (high-tops to support ankles is recommended). There are lots of roots in the trail and it is easy to twist your ankle without adequate support when you are carrying the additional weight of a backpack. Bring extra socks. Wet socks are no fun. Your feet get you there, so take care of them.

**FOOD:** Keep it light. Don't bring canned foods; they are heavy and you have to take your non-burnable trash out with you. Put food in Ziploc bags. It's recommended that you bring dehydrated or dried foods that can be re-hydrated with your purified water. **Food suggestions:** Breakfast: Instant oatmeal, grits, hot chocolate, fruit/granola bars, dried fruit; Lunch: Snack items, crackers with cheese, Ramen noodles, cup of soup, trail mix; Dinner: Quick fix packaged Lipton noodles, rice mixes, Lunchables, packaged potato dinners

**MESS KIT:** something to cook with and eat with. You can share stoves or cook over an open fire.

**WATER BOTTLE or CANTEEN:** For collecting your drinking water. Since there is water available along the way, there is no need to carry more than a liter of water during your hike. Water is heavy. You will need to purify your water.

**WATER PURIFIER, WATER FILTER PUMP or WATER PURIFICATION TABLETS**

**TOILET PAPER or BABY WIPES:** Because there are no bathroom facilities in the woods, you will need to bring your own toilet paper. Baby/handy wipes can keep your hands and other areas clean.

**SPADE or SHOVEL:** You will need to bury your bodily waste. You may want to take one shovel for your group to share.

**TOILETRIES:** Washcloth, small towel, toothbrush, toothpaste, hand sanitizer.

**FLASHLIGHT:** It gets dark in the woods at night! Bring spare batteries.

# Backpacking Schedule

All times are Central Standard Time (CST).

## FRIDAY, FEB. 28, 2025

- 2:00 pm** Meet at Chinnabee Silent Trail & Hwy 281
- 2:30 pm** Begin hike to Cheaha Falls (This is about a 1 mile hike)
- 5:50 pm** Supper
- 7:00 pm** Campfire Vespers
- 10:00 pm** Lights Out

## SABBATH, MARCH 1, 2025

- 8:00 am** Rise & Shine - personal devotion time
- 8:30 am** Breakfast
- 9:30 am** Sabbath School Program
- 10:00 am** Sabbath Worship
- 11:30 am** Lunch
- 12:30 pm** Hike to Lake Chinnabee (This is about 6 miles round trip)
- 5:00 pm** Personal time
- 5:30 pm** Supper
- 6:30 pm** Campfire Vespers
- 10:30 pm** Lights Out

## SUNDAY, MARCH 2, 2025

- 7:30 am** Rise & Shine - personal devotion time
- 8:00 am** Breakfast
- 8:30 am** Break camp, police area & begin return to Chinnabee  
Silent Trail & Hwy 281 trail head

Please be flexible - times may change due to varying circumstances.

# Directions To The Trail Head

The trail head can be found from the north using Hwy 281 or from the west using Cheaha Road. Some maps indicate Cheaha Road is also identified as Hwy 281.

## **Directions to Chinnabee Silent Trail at Hwy 281 trail head:**

### **From South and West Side:**

There are numerous routes to enter from the south and west. It is recommended that you use a web-based map program (MapQuest, Google Maps, etc.) to route directions or a GPS. From Birmingham, start on I-20 East toward Atlanta. The routes will cross or route along AL-21 and route you to Cheaha Road. Once on Cheaha Road, head east (past the Lake Chinnabee day use area) until you come to Hwy 281. Turn right onto Hwy 281 going southwest. The trail head parking area is on the left. The trail will be entered by crossing Hwy 281 to the west side. (Cheaha State Park is to the left on Hwy 281 where there is a store and restroom.)

### **From North:**

Take Hwy 431 south out of Anniston and turn right on Hwy 281. Go southwest on Hwy 281 through Cheaha State Park and continue past Cheaha Road. The trail head parking area is on the left. The trail will be entered by crossing Hwy 281 to the west side.

# Directions To The Trail Head

## **Chinnabee Silent Trail Hike:**

We will follow trail west toward Lake Chinnabee. The trail goes about 1/2 mile and crosses Skyway Motorway, a gravel road. Continue about 1/2 mile to Cheaha Falls. The total distance is only about 1 mile from parking area to where we will set up camp. This area was chosen because it has the largest flat area and abundant water.

## **Sabbath Hike:**

We will hike to Devil's Den and Lake Chinnabee on Sabbath afternoon, which is about 3 miles (6 miles round trip).