DAY ONE (Saturday, August 17)

- ALL DAY: Move into your residence hall (home sweet home!)
- EVENING: Meet your student guides for the trip, staff or faculty learning partner, and all the other first year students attending the trip. We’ll also look over what you are packing & get you fitted for any gear if you need to borrow some.

DAY TWO (Sunday, August 18)

- MORNING: Wake up bright & early and meet back at International House & hit the road towards Shenandoah National Park.
- AFTERNOON: Arrive at Shenandoah National Park, start hiking the Appalachian Trail towards night one’s camp. Stop on the trail and enjoy a classic backpackers lunch!
- EVENING: Reach the campsite and settle down to cook dinner and learn camping cooking techniques. Break into small groups then rejoin to tell spooky stories under the nighttime sky.

DAY THREE (Monday, August 19)

- MORNING: Wake up bright & early, repack packs and cook breakfast at camp. Get ready to hike towards the next campsite on the Appalachian Trail.
- AFTERNOON: Travel along the AT and relax to rest and have lunch. Admire the natural splendor that the AT brings and bond with fellow students.
- EVENING: Dinner, campfire, small groups, and of course S’MORES!

DAY FOUR (Tuesday, August 20)

- MORNING: Wake up and pack for the final stretch of the trip. Eat breakfast and get pumped!
- AFTERNOON: Travel down the AT, stopping to eat lunch along the way. Finish the hike and ride back to campus.
- EVENING: Arrive back on-campus, return any borrowed gear, and get ready for orientation starting the next day

This is a sample itinerary changes may occur with program updates. Participants will receive an updated itinerary closer to departure dates.