Pack list

Reminder: no cotton; wool or synthetic only

☐ pack
☐ tent
☐ sleeping bag rated ~15°F (-10°C)
- get a fleece liner if your sleeping bag isn't rated for sub-freezing temps
  - $20 Coleman (sizes)
  - $10 Wal-Mart specials

☐ sleeping pad
☐ **signal whistle**
- one short blast is request for acknowledgement; like if we get separated
- two short blasts is the response
- three short blasts repeating signals an emergency; like a bear sighting
  - two short blasts = "all clear"

☐ **hands-free light source**
- plus spare batteries!

☐ cookware + stove + fuel + utensils
- 2 breakfasts; 3 lunches; 2 dinners
- **don't forget a spoon** / spork!

☐ calorie-dense snacks
☐ ≥ 32 oz H_20 in hard-sided container
☐ water filtration system
☐ **puffy jacket or vest**
☐ **rain jacket or windbreaker**
☐ (disposable) poncho
☐ extra insulating layer like fleece or sweater
☐ base layer top and bottom, double as PJs
☐ balaclava —*or*— neck gaiter + beanie
☐ lightweight sleeping socks
☐ 1 or 2 pairs crew hiking socks
☐ camp shoes (flips or Crocs)
☐ camp shovel + toilet paper — **there are no privies at our campsites**
- **there are no outhouses or privies except at Martins Fork campsite**, so you'll need to dig a 6-8" deep (15-20 cm) cathole off-trail and 200' from water
- bring 2× the TP you *think* you'll need; 9 squares/day is a good thumb rule

☐ toothbrush, plus maybe toothpaste
☐ nice change of clothes for the after-hike

Kevin

☐ get permits Friday from campground host
☐ handwarmers
☐ spare water filter (pump)
☐ extra fuel canister (full size +mini)
☐ group tarp 10×10'
☐ first aid kit(s)

Locations and emergency contact info

I will need to get **names, phone numbers, vehicle plates, and contact information for your emergency contact** for the backcountry permits. If you are OK sharing a mailing address, I'll mail you a couple of photographic prints of whatever good photos we take.

My contact info: Kevin Ernst, 513-227-1728

NPS Alerts & Conditions for CUGA
Welcome Center: 36.60275, -83.69534
Phone: +1 606-248-2817
Hours: 9 am - 4 pm daily (except during government shutdowns)
Campground: 36.60234, -83.63073
Local emergency: 911
Local 24-hour non-emergency dispatch (give this number to your emergency contact back home): Cumberland Gap Tunnel **606-248-0996**

Paper maps will be available.

Maps: CUGA web site | Wilderness Road Campground • CUGA park overview (nice zoomable PDF) • Backcountry trails (poor quality) • **Camping regulations**

Campground to White Rocks (full ridge hike)

Maps: CalTopo (route and campsites) • Day one elevation profile (Wilderness Road Campground to Gibson Gap via Wilderness Road Trail)

The gist: shuttle half the cars to Civic Park off US-58. Leave Wilderness Road Campground via the Boone Trail (TH: 36.60294, -83.63525) to the Wilderness Road Trail; camp first night at Gibson Gap, second night at White Rocks on Saturday. Shuttle everyone back to cars at Wilderness Rd. Campground by ~2:30 pm; home on Monday night.

Fri 10/31 - Wilderness Rd. Campground

- **3 h 31 minutes** from Cincy
- We will stay at Group Camp G2 at Wilderness Rd. The site is rented through Saturday.
- Check in with campground host about parking, firewood, **get permits**.
- If you arrive in daylight, I recommend a day hike to Skylite Cave (please **do not go in**; bats are hibernating)
- We can shuttle some cars to Civic Park on Friday afternoon / evening

Sat 11/1 - Wilderness Rd. Campground → Gibson Gap

- **This is a ~9 mi / 14 km, +2658 ft / 810 m elevation gain day**
- Shuttle any remaining cars to Civic Park first thing in the morning
- **Meet at Wilderness Road Campground entrance parking (36.60294, -83.63525) at 9 am sharp local time**
- we'll leave on the Boone Trail shortly thereafter
- stop in Cumberland Gap, TN for coffee and pastries (?)
- **~3** miles of gentle grade with ~1 mile of intense uphill to get to the Pinnacle Overlook
    - max fill your water here, if RRs open and faucets work
- **have lunch at one of the overlooks on the trail**
- ~6:00 pm - arrive, set up camp at Gibson Gap
- 0.3 miles to water (down Gibson Gap Trail)

Sun 11/2 - Gibson Gap → Hensley Settlement → White Rocks

- **This is an 11-12 m (16-19 km) day over rough terrain**
- We should break camp by around 8 to ensure we have enough daylight
- 5.5 miles to Hensley Settlement in the morning
    - **lunch and a nap at Hensley Settlement** or Hensley Camp
    - **there is running water here** which the Visitor Center usually tells us is turned off, but it never is
    - there are two spots along the Indian Rock Trail (36.66782, -83.53456 and 36.66665, -83.53416) as a backup
- 5.6 miles to White Rocks in the afternoon
- **Water source is at Sand Cave; it is *not* close to the camp.**
- **Set up camp at White Rocks**
- Hike up to White Rocks for sunset (?)

Mon 11/3 - White Rocks → Sand Cave → Civic Park

- **Break camp ~6 am** for sunrise breakfast at White Rocks
- Hike ~2 mi to Sand Cave
- Hike the remaining ~3.5 miles back to Thomas Walker Civic Park
- Shuttle everyone back to their cars at Wilderness Road Campground
- Showers at G2 if you want them
- Gap Creek Coffee House in Cumberland Gap or Pelancho's or King's Buffet in Middlesboro, KY for post-hike recovery ;)

Bail-out plan

For this trip, we do not intend to stage any vehicles at the **Chadwell Gap trailhead**, but there is a gravel parking pad 36.65390, -83.49653.

There is also 4WD access to the **Hensley Settlement** (36.67374, -83.52623), and cell service all along the ridge. Both locations are clearly labeled on the CalTopo map.

Fun facts

- Temp ratings of Nalgene bottles (both PC and HDPE rated for well over boiling point of water)