

**UAB OUTDOOR PURSUITS**  
**BACKPACK SIPSEY WILDERNESS AREA, AL**  
November 13-15, 2009

**Friday November 13**

- Meet in room 290 at the Campus Recreation Center at **5:00 PM**.
- Depart for Double Springs, AL.
- Pack your pack with gear/food/snacks and fill water bottles before you come.
- Ride to Jasper and eat dinner at a fast food restaurant.
- Ride to Sipsey Wilderness Area in the Bankhead National Forest.
- Hike into the wilderness about 2 miles to a backcountry campsite (No restrooms).
- Bring a flashlight to help set up your tent.
- Enjoy the peace and quiet.
- Sleep Friday night.

**Saturday November 14**

- Wake up; eat breakfast from your pack (boiled water will be provided)
- Backpack about 7 miles to backcountry campsite.
- Eat lunch along the trail as you hike. Try for a great view spot for your meal.
- Take pictures of the beauty along the trail and the surrounding area.
- See the largest known tree in the state of Alabama: The Big Poplar.
- Relax around the campfire.
- Eat dinner from your pack (boiled water will be provided)
- Spend the night in backcountry site (No restrooms).
- Sleep Saturday night.

**Sunday November 15**

- Wake up; eat breakfast from your pack (boiled water will be provided)
- Backpack about 5 miles out to van.
- Eat lunch along the trail as you hike. Try for a great view spot for your meal.
- Ride to a restaurant for dinner. Possibly Jean's on the river or Sapore Italian Grill.
- Return to Birmingham around 8:00 PM Sunday.

**Plan to bring food for 2 breakfasts, 2 picnic style lunches, 1 dinner and money for 2 dinners at restaurants.**

Pre-trip meeting and deadline for sign-up, Tuesday, November 10, at 6:00 PM in room 290 of Campus Rec.

Pick up equipment, packing list, and receive additional instructions.

Trip fee covers equipment, transportation, and permits.

Participants are responsible for all meals.

Any questions not answered at pre-trip meeting should be directed to:

Bill Pierce 996-4913

For your outdoor needs visit

**Mountain High**  
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