

MSYM Adventure: Old Rag Climb

Addendum

Hiking Old Rag is a challenging adventure. It has a steep elevation change with the first 2/3 of it being along regular trail switchbacks and the top 1/3 being boulder climbing. It is **AWESOME!** Turning back is not really an option as the group must climb together. We have been taking youth groups, scouts, and our own family up Old Rag for over 18 years and although it has required some encouragement for some hikers along the way, everyone has made it to the top and felt an incredible sense of accomplishment in doing so! Going in the winter has additional challenges. Proper clothing, food and water are essential - **all of which each hiker is responsible for bringing and carrying.** It will be cold at the start and at the top. We will get warm as we hike up and our bodies are working hard. Layers are essential - and remember, each hiker will have to carry their own belongings.

Clothing

- Jeans or thick hiking type pants with thermal underwear underneath
- Wool, smartwool, or other such hiking socks (no cotton, it holds moisture, isn't warm and causes blisters)
- Hiking shoes/ boots, snow boots with good traction and a tight fit, or sturdy tennis shoes. We will be hiking 2 miles of switchbacks, one mile of boulders, and then 4 miles down on a different trail for a total of 7 miles.
- Layers on top such as an undershirt, a warm long sleeve shirt, a sweat shirt or fleece, and a coat or wind breaking jacket.
- A hat, gloves/mittens, scarf or neck warmer. A hat and gloves are a must!
- A small backpack/daypack to carry with your lunch, good trail snacks and water. You will need plenty of food to fuel you for the day and 2 - 3 bottles of water for yourself. **Don't overload your backpack - bring just what you will need.**
- There are no bathrooms along the way so bring tissues if you might need them (girls, for sure). We will discuss how and where to do this in the woods!
- **NO TECHNOLOGY** will be allowed in the cars or on the trail. Leave your cell phones and iPods at home.

We will do a pack check at drop off and if you do not have proper clothing, you will be asked not to go. If you have any questions or would like to discuss your clothing options, please call us at 703-626-0406.

We will stop at Pizza Hut on the way home for dinner - that money was due with your registration form.