

THE FATHER-SON APPALACHIAN TRAIL ADVENTURE



ROAN HIGHLANDS

JUNE 24-27, 2021

CHEROKEE NATIONAL FOREST



Appalachian Trail Adventure

June 24-27, 2021

Dear Dad,

The ***Father-Son Appalachian Trail Adventure*** is a 4-day backpacking trip across one of the most stunning sections of the Appalachian Trail. And, while we will be hiking during the hottest part of the summer, you can expect to experience cool temperatures on this mile-high ramble! The purpose of this trek is not to see how fast we can go but how deep we can go, so most days are fairly short in distance but long in meaningful experiences. During our time together you will not only strengthen your outdoor skills and nature knowledge but you will also be challenged to go deeper with God, yourself, and others. Plus you will have a special bonding experience with your son(s) that will last a life-time. Be prepared to be stretched in every way... but we'll have fun doing it! The basic itinerary is as follows...

Thu, Jun 24	Drive to Carvers Gap and short hike to Roan High Knob Shelter
Fri, Jun 25	Roan High Knob to Overmountain Shelter (7.1 miles)
Sat, Jun 26	Overmountain Shelter to Doll Flats (6.2 miles)
Sun, Jun 27	Doll Flats to Hwy 19E and drive home (3 miles)

This information packet is designed to give you just enough information to help you prepare for the experience while intentionally not giving everything away!

Here's to Building Men... and their families,

Marty Miller
Blueprint for Men





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1 OVERVIEW

WHO:	Fathers and their sons (ages 11+)
WHAT:	Backpacking, nature study, outdoor leadership, walking with God
WHERE:	Roan Mountain, Appalachian Trail, Cherokee National Forest
PROVIDED:	Trip leadership, naturalist education, spiritual guidance, etc.
BRING:	You are responsible for your own camping equipment...refer to equipment list
REGISTRATION:	Every participant must complete and submit the following forms <ul style="list-style-type: none">• Participant Form - send PDF copy via email to blueprint4men@gmail.com• Release Form – send PDF copy via email to blueprint4men@gmail.com• Medical Form – send PDF copy to blueprint4men@gmail.com
COST:	Donation of \$100/Father – make donation at www.blueprintformen.org
SIGN-UP DEADLINE:	June 20, 2021
ITINERARY:	June 24-27, 2021 <ul style="list-style-type: none">• Thu, Jun 24 Drive to Carvers Gap and hike to Roan High Knob• Fri, Jun 25 Roan High Knob to Overmountain Shelter (7.1 miles)• Sat, Jun 26 Overmountain Shelter to Doll Flats (6.2 miles)• Sun, Jun 27 Doll Flats to Hwy 19E and drive home (3 miles)

2 LEADERSHIP



Marty Miller, Trip Leader

Marty is a lifelong disciple of Christ, the loving husband of his first wife, the father of two adult children, and the proud grandfather of two grand-daughters.

Marty's career path has been primarily in the field of education having served in both public and private sectors from California to Tennessee. He has held positions that include elementary school principal, multi-grade teacher, middle school science teacher, high school science teacher, nature center director, outdoor school director, educational consultant, university education professor, student teacher supervisor, and outdoor leadership program director.

He is a well-recognized outdoor professional with skills and certifications that include WMI/NOLS Wilderness First Responder, ACA Swift Water Rescue, and AIARE Avalanche Safety.

Marty is gifted at discovering and sharing spiritual lessons from nature, God's second book, as modeled by Jesus Christ, the master educator. Now, after nearly 30 years in education, Marty has transitioned into full-time ministry by creating Blueprint for Men, a non-profit men's ministry devoted to helping men discover and live out their God-given design in a secular world. Through outdoor retreats, small group support, leadership training, and curriculum development, Marty is helping men to step up and become the men God intended them to be, better husbands, better fathers, and better disciples of Christ!

"Leader of the Day"

During the trek each "father-family team" will have an opportunity to provide leadership for the entire group in what we call "Leader of the Day". During your leadership day you will guide and manage the group as pertaining to safety, schedule, teaching, devotionals, etc. Oversight will be provided by the trip leader, Marty Miller, but just enough to ensure that our objectives are met.

We all need to become better leaders. And, as fathers, when we grow, our children grow! By intentionally engaging our children in the decision making and leadership opportunities on this trip they grow with us!

While on the trek we will follow the Biblical pattern of the day starting at sundown so your leadership day will begin in the evening too! This will all make sense while on the trip... I promise!

3 OBJECTIVES

During the trek you will...

Experience Joy:

- through the beauty of nature
- through wholesome Christian fellowship
- through fresh air, vigorous hiking, and delicious food
- through worship and praise of our Creator God
- through relationship building experiences with your child
- as we discover spiritual truths in the “Book of Nature”
-

Expand Knowledge and Skills:

- Backpacking Skills
- Leave No Trace Ethics
- Nature Photography
- Wildflower Identification
- Ecology and Forest Communities
- Outdoor Safety
- Outdoor Leadership

4 SCHEDULE*

Thursday, August 1

Drive to Trailhead

Hike to Roan High Knob Shelter (1 mile)

Leader of the Day: Father Team #1

8:00 am	Meet at BP4M Home Office
8:15	Orientation
8:30	Gear Check
9:00	Depart Collegedale
12:00 pm	Fast food lunch
2:00	Arrive at Carvers Gap Trailhead
3:00	Hike to Roan High Knob Shelter
6:00	Supper at Shelter
7:00	Evening Devotional/Teaching
8:00	Evening Hike to Overlook
10:00	Hit the Sack!

Friday, August 2

Roan High Knob to Overmountain Shelter (7.1 miles)

Leader of the Day: Father Team #2

8:00 am	Breakfast
9:00	Morning Devotional/Teaching
10:00	Begin Hiking
12:00 pm	Lunch Break
1:00	Afternoon Devotional/Teaching
2:00	Continue Hiking
5:00	Arrive at Overmountain Shelter
6:00	Supper
7:30	Evening Devotional/Teaching
8:30	Night Hike
10:00	Sweet Dreams

Saturday, August 3

Overmountain Shelter to Doll Flats (6.2 miles)

Leader of the Day: Father Team #3

8:00 am	Breakfast
9:00	Morning Devotional/Teaching
10:00	Begin Hiking
12:00 pm	Trail Lunch
1:00	Afternoon Devotional/Teaching
2:00	Continue hiking
4:00	Arrive at Doll Flats
6:00	Supper
7:30	Evening Devotional/Teaching
9:00	Night Game
10:00	zzzzzzzz....

Sunday, August 4

Doll Flats to Mountain Harbor (3 miles)

Drive Home

Leader of the Day: Father Team #4

8:00 am	Breakfast
9:00	Morning Devotional/Teaching
10:00	Begin Hiking
12:00 pm	Arrive at Mountain Harbor
1:00	Fast Food Lunch
2:00	Drive Home
5:00	Arrive back Home
6:00	Farewell



Overmountain Shelter

5 GEAR & EQUIPMENT LIST

General Backpacking & Camping Gear

- Large backpack
- Sleeping bag (rated to 30° F)
- Sleeping pad
- Lightweight Tent/Tarp (optional)
- Hammock (optional)
- Stove w/fuel
- Cook-set
- Lighter/matches
- Cooking Utensils
- 1 liter wide-mouth water bottles (2)
- Zip-lock bags for stuff
- Compass & map

Clothing

- Trail shoes/boots
- Wool socks (2)
- Camp shoes/Crocs...
- Waterproof/breathable jacket and pants or poncho
- Fleece insulating layer
- Quick-dry synthetic underwear (2)
- Quick-dry synthetic T-shirt (2)
- Short pants
- Long pants
- Cap

Personal First aid kit

- Band-Aids
- Duct tape
- Moleskin
- Ace bandage
- Athletic tape
- Scissors
- Antibiotic ointment
- Aspirin /Tylenol – for headaches
- Aleve/Ibuprofen – for swelling
- Prescriptions

Misc. Personal Items

- Sunglasses
- Sunscreen (SPF 30+)
- Lip balm
- Headlamp
- Extra batteries
- Ear plugs for tent flap/snoring partner
- Toilet paper in Ziplock
- Hand sanitizer
- Hand trowel
- Deodorant
- Pack towel for bathing
- Bible
- Journal
- Pen/pencil

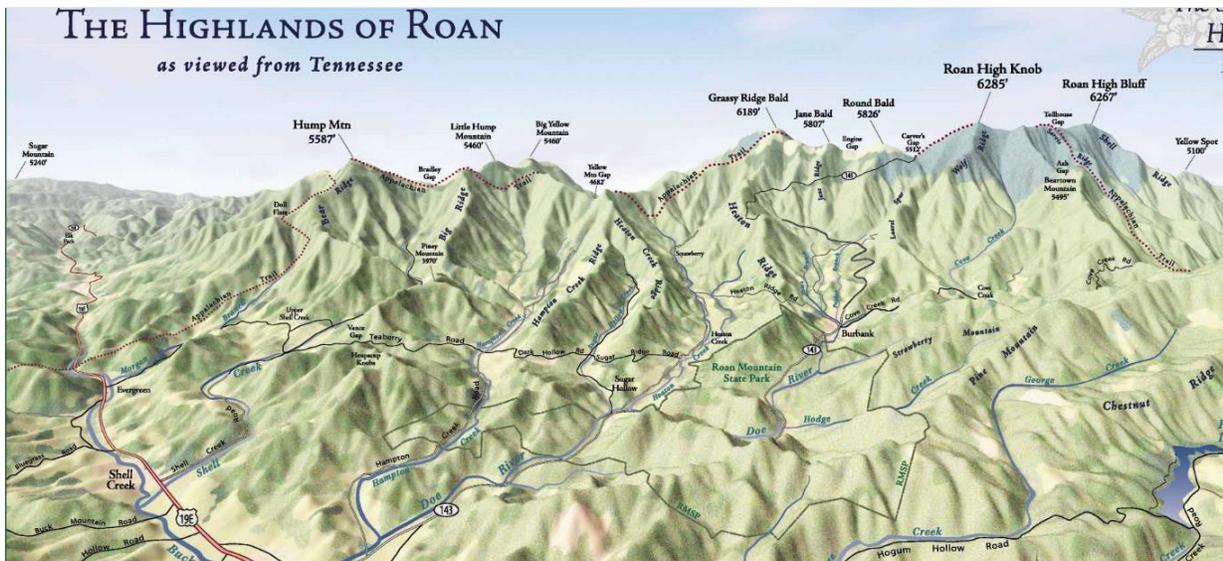
6 DIRECTIONS AND DESTINATION

Directions to Carvers Gap Trailhead



Our Destination

Roan Mountain is the highpoint of the Roan-Unaka Range of the Southern Appalachian Mountains, located in the Southeastern United States. The mountain is clad in a dense stand of Southern Appalachian spruce-fir forest, and includes the world's largest natural rhododendron garden, and the longest stretch of grassy bald in the Appalachian range.^[2] The Cherokee National Forest and Pisgah National Forest converge atop the mountain, with Roan Mountain State Park located near its northern base. The Appalachian Trail crosses most of the Roan's crest. The Roan High Knob Shelter is the highest backcountry shelter on the entire 2,174-mile (3,499 km) trail.^[3]



Roan Mountain comprises the greater part of the Roan Highlands, a 20-mile (32 km) massif stretching from Big Rock Creek in the west to U.S. Route 19 in the east. Most of this massif lies along the Tennessee-North Carolina border, between Carter County and Mitchell County. Yellow Mountain and Hump Mountain, on the northern tip of the massif, are part of the Roan Highlands but are generally not considered part of Roan Mountain proper.^[4]

Roan Mountain contains five mountain peaks, and is roughly divided into two sections by Carver's Gap. The first section — composed of Roan High Bluff and Roan High Knob — lies west of Carver's Gap and is characterized by a thick coniferous forest. This part of Roan is shaped something like the body of a double-humped camel, with the "humps" being High Bluff and High Knob. Tollhouse Gap lies between the two peaks, and contains the Rhododendron Gardens, the largest of its kind in the world.

The second section of Roan Mountain — known as Grassy Ridge — is east of Carver's Gap, and is the longest stretch (appx. 7 miles) of grassy bald in the Appalachian Mountains.^[5] A *grassy bald* is a type of highland meadow characterized by thick grass and sparse tree coverage.^[6] The three peaks atop Grassy Ridge are Round Bald, Jane Bald, and Grassy Ridge Bald. The bald area spans the summits of all three, covering an area roughly equal to 1,000 acres (4.0 km²).^[7]

The Appalachian Trail, after traversing Iron Mountain to the west, crosses Hughes Gap and ascends Roan's northern slope to Tollhouse Gap. From there, it makes a sharp turn to the east, crossing Roan High Knob, Carver's Gap, Grassy Ridge, and Yellow and Hump Mountains before descending to US-19 and the White Rocks Mountain area. From the slopes of Old Black in the Great Smoky Mountains, some 150 miles (240 km) to the south, to Mount Washington in the White Mountains of New Hampshire, some 1,500 miles (2,400 km) to the north, Roan Mountain is the only area where the trail rises above the 6,000-foot (1,800 m) mark.

7 TREK DETAILS

Thursday, June 24

Drive to Trailhead

Hike to Roan High Knob Shelter (1 mile)

Leader of the Day: Father Team #1

8:00 am	Meet at BP4M Home Office
8:15	Orientation
8:30	Gear Check
9:00	Depart Collegedale
12:00 pm	Fast food lunch
1:00	Arrive at Mountain Harbor
2:00	Shuttle to Carver's Gap
3:00	Hike to Roan High Knob Shelter
6:00	Supper at Shelter
7:00	Evening Devotional/Teaching
8:00	Evening Hike to Overlook
10:00	Hit the Sack!



Friday, June 25

Roan High Knob to Overmountain Shelter (7.1 miles)

Leader of the Day: Father Team #2

8:00 am	Breakfast
9:00	Morning Devotional/Teaching
10:00	Begin Hiking
12:00 pm	Lunch Break
1:00	Afternoon Devotional/Teaching
2:00	Continue Hiking
5:00	Arrive at Overmountain Shelter
6:00	Supper
7:30	Evening Devotional/Teaching
8:30	Night Hike
10:00	Sweet Dreams!



Saturday, June 26

Overmountain Shelter to Doll Flats (6.2 miles)

Leader of the Day: Father Team #3

8:00 am	Breakfast
9:00	Morning Devotional/Teaching
10:00	Begin Hiking
12:00 pm	Trail Lunch
1:00	Afternoon Devotional/Teaching
2:00	Continue hiking
4:00	Arrive at Doll Flats
6:00	Supper
7:30	Evening Devotional/Teaching
9:00	Night Game
10:00	zzzzzzzz.....



Sunday, June 27

Doll Flats to Mountain Harbor (3 miles)

Drive Home

Leader of the Day: Father Team #4

8:00 am	Breakfast
9:00	Morning Devotional/Teaching
10:00	Begin Hiking
12:00 pm	Arrive at Mountain Harbor
1:00	Fast Food Lunch
2:00	Drive Home
5:00	Arrive back Home
6:00	Farewell





The Leave No Trace Seven Principles

The Leave No Trace Seven Principles are the bedrock of the Leave No Trace program. They provide guidance to enjoy our natural world in a sustainable way that avoids human-created impacts. The principles have been adapted so they can be applied in your backyard or your backcountry.

Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
 - In popular areas:
 - Concentrate use on existing trails and campsites.
 - Walk single file in the middle of the trail, even when wet or muddy.
 - Keep campsites small. Focus activity in areas where vegetation is absent.
 - In pristine areas:
 - Disperse use to prevent the creation of campsites and trails.
 - Avoid places where impacts are just beginning.

Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in cat holes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cat hole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

Properly Storing Attractants in Bear Country

Generally

- Bears have a broad diet and are attracted to a wide variety of unnatural foods, including human food, garbage, canned or bottled beverages, processed livestock feed, pet food, bird seed, toiletries, and coolers, stoves, and grills containing food or food residue.
- Bears that obtain human food or garbage often become aggressive and dangerous in their efforts to get more. This food-conditioned behavior can lead to human injury, death, and damage to property.
- Food-conditioned behavior usually cannot be changed and these bears must be killed by managers.
- Don't be the one responsible for human injury or death or the death of a bear because YOU did not store your food properly.
- Read and understand food storage regulations before your visit. Coolers, backpacks, wooden boxes, and tents are not bear resistant and may not be used to store food or other bear attractants.
- For more bear safety tips, visit the Center for Wildlife Information Web site at <http://www.centerforwildlifeinformation.org/>.

9 FAQ... FREQUENTLY ASKED QUESTIONS

How will we get there?

We will drive a 12-person van and trailer to Carvers Gap Trailhead. The vehicle will then be driven by my coleader to Mountain Harbor Hostel where it will be parked during our hike. Since our hike will end at Mountain Harbor Hostel it will be waiting for us when we get there!

Is there cell phone signal where we are going?

Much of the backcountry is out of cell phone service range. It is possible that some high points may have a signal however. I will bring a lightweight solar panel into the backcountry to charge phones, etc. via USB cable since you might use them as cameras and such.

What measures have been taken to make sure that we are safe?

I have medical training as a Wilderness First Responder and will be carrying a group first aid kit. Please bring your own personal first aid kit as listed in the gear section. In the event of a major medical emergency that requires helicopter evacuation I will be carrying a SPOT (satellite messenger) with up to \$100,000 evacuation insurance.

What about food?

You will need to purchase and package your food for the trip. The meals are as follows...

Thursday	Breakfast	Eat at home
	Lunch	Fast food
	Supper	Cook
Friday	Breakfast	Cook
	Lunch	Snacks
	Supper	Cook
Sabbath	Breakfast	Cook
	Lunch	Snacks
	Supper	Cook
Sunday	Breakfast	Cook
	Lunch	Fast food
	Supper	Back home!

If you are inexperienced at backcountry cooking you should check out the following excellent online resources!

<https://www.rei.com/learn/expert-advice/planning-menu.html>

<https://www.backpacker.com/skills/cooking>

10 FORMS

- REGISTRATION: Every participant must complete and submit the following forms
- Participant Form - send PDF copy via email to blueprint4men@gmail.com
 - Release Form – send PDF copy via email to blueprint4men@gmail.com
 - Medical Form – send PDF copy to blueprint4men@gmail.com
- COST: Donation of \$100/Father – make donation at www.blueprintformen.org
- SIGN-UP DEADLINE: June 20, 2021

Expedition Participant Profile

Personal Information

Name _____

Address _____

Cell Phone _____ Email _____

Emergency Contact _____

Name

Relationship

Phone

Backpacking and Climbing Experience.

On a scale of 1-5 (5 being best) how would you rate your fitness level?

On a scale of 1-5 how would you rate your mountaineering (backpacking/climbing) experience?

Describe your longest backpack trip.

List the 3 most significant mountains you have climbed, starting with the most recent. (Include name of mountain, altitude, route, and date of each climb)

1) _____

2) _____

3) _____

Describe your outdoor skills and experience.

Describe the most extreme weather situation you have experienced in a remote setting.

What strengths do you feel you will bring to our group?

What concerns, if any, do you have concerning the physical demands of this trip?

Do you have any medical conditions that could compromise your personal or group success?

Do you have all the required equipment for this expedition? (refer to the gear list)

Yes

No

If no, what equipment do you need to obtain or rent?

BLUEPRINT FOR MEN HEALTH STATEMENT FORM

The proposed activity provided by *Blueprint for Men* requires participation in physical exercises which are, by their nature, physically demanding. Many of the activities will challenge you, and cause surges in blood pressure and pulse rates. It is imperative that you are free of any heart related or other diseases. Therefore, all participants must be free of medical or physical conditions which might create undue risks to themselves or any others in the group who depend on them. Good physical condition will increase your enjoyment of the outdoor activities. If there is any doubt about your ability to safely participate in this experience, you should consult with a physician. (NOTE: If you have had any heart related problems you will need to have a release form from a physician in order to participate in the program.)

Name: _____

Address: _____

Email: _____ Phone: _____

Date of Birth: _____ Age: _____ Gender: _____

Emergency Contact Person: _____ Relationship: _____

Home Address: _____

Email: _____ Phone: _____

HEALTH HISTORY (circle appropriate response)

Current General Health Condition:	Excellent	Good	Fair	Poor
Have you had or do you currently have any heart problems?				Yes No
Do you frequently suffer from pains in your chest?				Yes No
Do you often feel faint or have spells of dizziness?				Yes No
Has a doctor ever told you that you have high blood pressure?				Yes No
Do you have arthritis, joint or back problems that are aggravated by exercise?				Yes No
Have you had any operations or serious injuries?				Yes No
Do you have any physical disabilities or chronic recurring illness?				Yes No
Do you have Epilepsy?				Yes No
Do you have Diabetes?				Yes No
Are you allergic to any medication, insects or pollen?				Yes No
Are you currently sick and/or using medication?				Yes No
Do you have any prescribed meal plan or dietary restrictions?				Yes No
Are there any activities to be limited/discouraged by physician's advice?				Yes No

Please describe any "yes" answers above: _____

Do you carry health insurance? _____ Yes _____ No

Carrier: _____ Policy _____

REPRESENTATION AND EMERGENCY AUTHORIZATION

This health history is correct so far as I know, and I believe that my health is satisfactory to participate in adventure activities. I hereby give permission to the medical personnel selected by *Blueprint for Men* to order injection and/or anesthesia and/or surgery for me. Such authorization for emergency treatment shall also include but is not limited to, charges incurred for the providing of aid and arranging evacuation if *Blueprint for Men* or its agents determine that such evacuation is necessary and desirable. I further agree to assume responsibility for the costs of any specialized means of evacuation and of any medical care and acknowledge any restrictions placed on my activities.

Signature of Participant _____ Date _____

Signature of Witness _____