

7. Choose equipment and clothing for comfort, safety, and to follow Leave No Trace principles. Include these outdoor essentials:

a. Extra clothing	h. Maps and compass	m. Small trowel for digging a cathole
b. Extra trail food	i. First aid kit	n. Small strainer or 1-foot square piece of fiberglass screen for removing food particles from dishwater
c. Rain gear	j. Watch	
d. Pocketknife	k. Sun and insect protection	
e. Matches and fire starters	l. Camera with zoom lens for photographing wildlife at a distance	
f. Camp stove		o. Gators for muddy trails or trails with loose stones
g. Water Bottles		
8. Axes and saws are not needed for collecting and preparing wood for a Leave No Trace fire. Downed, dead wood is gathered from the ground and broken by hand.
9. Plan trip activities to match the goals, skills, and abilities of the group.
10. Evaluate your trip upon return; note changes to make next time.

Pack out everything you carried in, even what you would consider to be organic material. Coffee grounds, fruit, or egg shells may seem to be harmless. However, anything you leave behind is not part of the natural environment of the Delaware Water Gap. Fruit waste such as apple cores, orange peels, banana peels, etc. are biodegradable. However, if left behind what impacts might these have on wildlife and on other peoples experience?

One of the Highlights of the Appalachian Trail in Delaware Water Gap National Recreation Area is the view from Mt. Minsi. Below is a description of the Appalachian Trail up Mt. Minsi. (Adapted from the Keystone Trail Association's *Pennsylvania Appalachian Trail Guide*. Note—bold numbers before each section depicts mileage):

Detailed Trail Data—North to South

- 0.0** From the hikers parking lot continue south along the Appalachian Trail.
- 0.2** Pass Lake Lenape on the right. A blue-blazed side trail on the left reconnects with the A.T. at 0.4 miles.
- 0.3** Bear left off of gravel road. The gravel road leads up the mountain and to a side trail to Table Roack with a view of the Water Gap. For the next two miles follow blazes carefully because there are many unmarked trails branching off of the A.T.
- 0.4** Blue-blazed side trail to left reconnects with A.T. at 0.2 miles.
- 0.5** Council Rock. Down the Delaware River, the tilted strata of Mount Tammany on the left side of the Gap is said to show the profile of Chief Tammany.
- 1.1** Cross Eureka Creek and turn left, ascending.

- 1.3** Lookout Roack. Double back and follow switchbacks carefully along rock faces. At the top of the rocks is a view north to the Pocono Plateau, and Big Pocono.
- 2.0** Panoramic view of the Delaware Water Gap and the surrounding area of Pennsylvania and New Jersey.
- 2.3** Summit of Mt. Minsi. Trail follows a gravel road along the crest.



Using this description and the map on the following page, plan a day hike up Mt. Minsi. Would you consider the hike to be easy, moderate or difficult?

What food would you pack?

Is there a loop hike you can plan using a trail connecting to the A.T. or would you prefer to up and back on the A.T.?

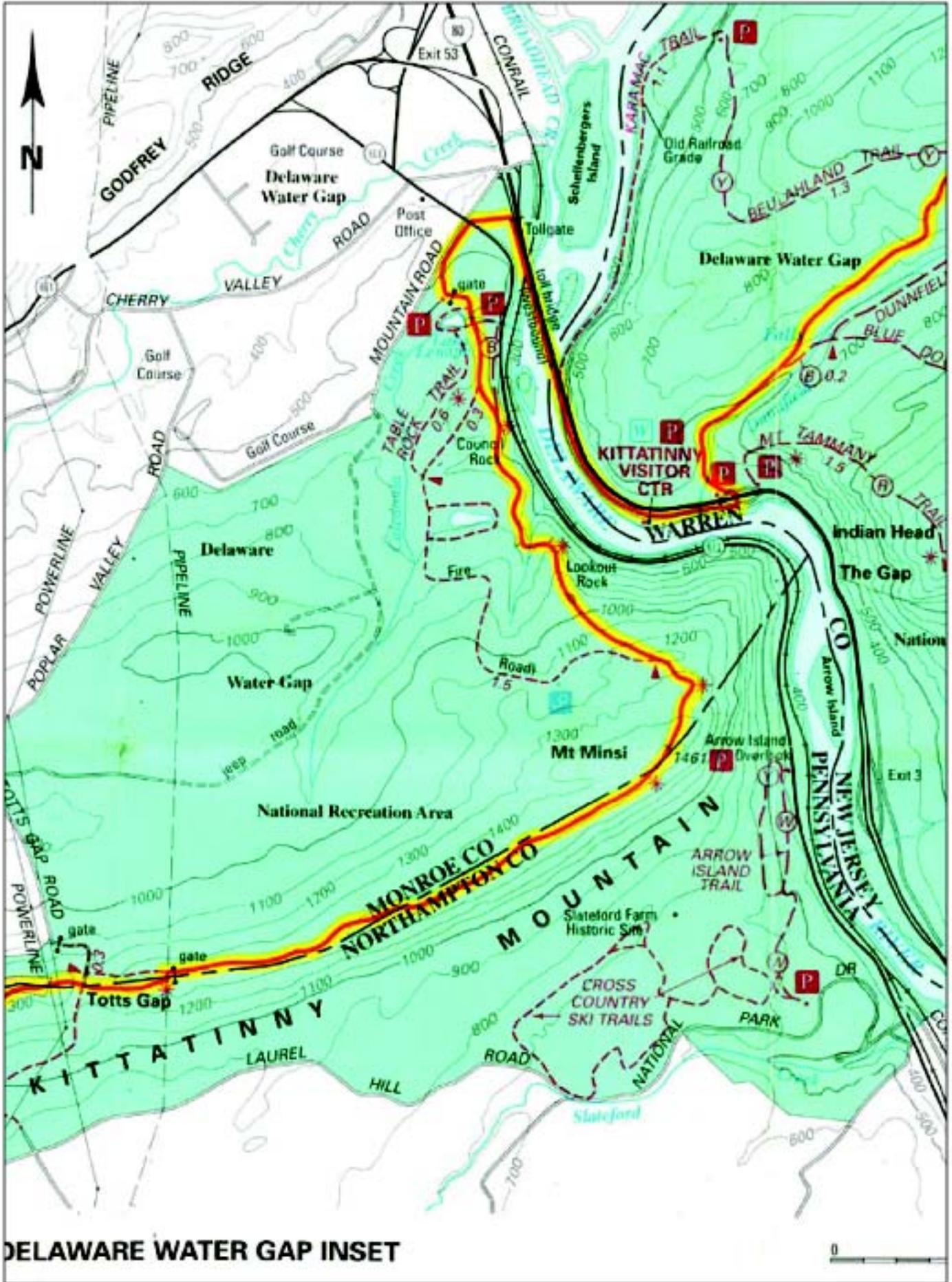
How many miles is your planned hike?

How much water should you plan to take?

What sites will you see along the way & Can you find those sites on the map?

What are some other items you should always have in your daypack?

After your hike, describe your experience.



DELAWARE WATER GAP INSET