



# Learn & Do Trail Maintenance

## Trail Crew

### Carter Caves State Resort Park, Kentucky

## What To Bring

### Trail Maintenance Clothes & Personal Gear

- ✓ Required: Sturdy, broken-in footwear with rugged soles and ankle support. Boots are best. Steel toe boots are even better.
- ✓ Required: Long pants. Blue jeans are fine.
- ✓ Shirts that can get dirty. Bright colors, for safety, are best. Cotton shirts are fine.
- ✓ Work gloves. Cotton garden gloves are fine. Rubber/Latex palm-coated grip gloves are best.
- ✓ Wool or nylon socks. Avoid cotton socks
- ✓ Bandana
- ✓ Rain jacket
- ✓ Day pack
- ✓ Two water bottles
- ✓ Sun protection: Sunblock and lip balm
- ✓ Insect / tick repellent
- ✓ Headlamp and/or flashlight
- ✓ Knee pads for working on your knees (*highly recommended*)

### Trail Maintenance Tools & Safety Equipment (*Optional*) – Bring it if you have it.

- ✓ Hard Hat
- ✓ Safety Glasses
- ✓ Hearing Protection
- ✓ Brush or chainsaw chaps
- ✓ Pruning saw
- ✓ Hand adze or grub hoe
- ✓ Reciprocating saw (Sawzall)
- ✓ DeWalt batteries

### Food

- ✓ Three Breakfasts (or dine in lodge)
- ✓ Two packed lunches to eat on the trail
- ✓ Snacks & Drinks
- ✓ Your own adult beverages and wine glass, if applicable.

### Showers

- ✓ Cabin 238 has two full bathrooms. You can also use the showers in the main campground (two shower houses) and horse campground.
- ✓ Towels are provided.

## **Camping Gear**

- ✓ Your camping gear (tent, sleeping bag, sleeping pad, etc.)
- ✓ Toiletries
- ✓ The campground area has good cell service.
- ✓ Wi-Fi is available at the lodge.

## **Hiking Gear (*Optional*)**

- ✓ Hiking boots or other sturdy footwear
- ✓ Trekking poles
- ✓ Daypack with water and snacks
- ✓ Rain jacket, hat, gloves, and extra layers of clothing

## **Lodge Restaurant**

The lodge has a full-service restaurant. Morning breakfast service can be slow. Allow plenty of time. For faster service phone in your order in advance at (606) 286-4411 and the restaurant will phone you when your meal is ready for takeout or eating in.

## **Laundry Facilities**

Cabin 238 has a washer and dryer. You are welcome to use them. Bring laundry soap and dryer sheets. We will do a load of group trail crew shirts on Friday and Saturday afternoon so we have clean shirts to wear the next day.

## **Grocery Stores**

You are encouraged to bring any groceries with you. Olive Hill, the nearest town, has two small grocery stores, Superior Foods, and Save-A-Lot. They carry all of the basic items but you may find their selection limited compared to a larger city grocery store. The Olive Hill grocery stores are about a 20-minute drive one-way. The nearest Walmart and Kroger are a 30-mile drive one-way in Morehead.

## **Adult Beverages**

Adult beverages are permitted. The park is located in a dry area meaning alcohol sales are not permitted. Consumption is legal. The near beverage stores are in Olive Hill where beer and wine carryout sales are available.

## **Weather Forecast**

For a weather forecast check the town of Olive Hill, Kentucky.