



Tennessee Great Smoky Mountains Multi-Adventure

Trip Planner

THANK YOU FOR CHOOSING MT SOBEK

We look forward to hosting you! This **Trip Planner** includes essential information to prepare for your upcoming adventure. Please read it carefully, and contact your *Adventure Coordinator* if you have any questions.

About three weeks prior to departure, we will email you **Final Details** which will include information on your guides, accommodations, meet-up instructions, and emergency contacts in case you are delayed en route.

Important Information

- [Tennessee Great Smoky Mountains Adventure Tour](#) Trip Planner for 2026
- **Activity Level 3:** Trip members should be capable of hiking 4-7 hours each day (up to 6 miles) with as much as 1,500' elevation gain and loss. The aerial challenge course and zip-lining is suitable for beginners. Weight ranges for zip-lining are 60 pounds minimum and 250 pounds maximum. Rafting is suitable for beginners although comfort in/around water is recommended. Rafting is on rapids classified II-III whitewater.
- Your Adventure Coordinator is John Stout: 1-510-594-6046 or JohnStout@MTSobek.com

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

Arrival & Departure

Booking Your Flights

Please check with your Adventure Coordinator before purchasing your flights. While we can typically confirm whether your trip will run well in advance of your departure, many factors affect this decision. In some cases the decision may be made just prior to your final payment date.

For assistance making your air arrangements, we recommend:

EXITO TRAVEL

Phone: 1-800-655-4053

Email: mtsobek@exitotravel.com

ARRIVAL: Please arrive in **Knoxville, Tennessee** (airport code **TYS**) before **Day 1** of the itinerary. This is the closest commercial airport to **Gatlinburg**, about a 1.5 hour drive. Transferring to/from the airport to the group meeting point is on your own. Breakfast is not included this day.

Meet your guides and fellow travelers at 10:00 am in the lobby of [The Appy Lodge](#) (stay not included) in Gatlinburg, TN. You will be hiking prior to arrival at tonight's accommodation, so please arrive prepared to hit the trails!

Cell phone coverage can be spotty in the Smokies; please be sure to download or print navigation information. Plan on encountering some traffic congestion on roads through Gatlinburg and Smoky Mountains National Park, particularly during the months of June, July, and October and plan drive times accordingly. See additional transportation notes below.

DEPARTURE: We recommend that you schedule your departure flight from your **Knoxville, Tennessee** the **day after your trip concludes**. Your group will likely arrive back at the host hotel in Gatlinburg around 7:00 pm on Day 4. However, with traffic and other factors out of our control it is possible your group will arrive later.

Extending Your Stay

The trip begins on Day 1 with a meetup at our host hotel and ends on Day 4 with drop off at the the same hotel noted below (stays not included). If you wish to book pre- or post-trip stays, please book directly online or contact your Adventure Coordinator.

[The Appy Lodge](#)

On Your Trip

Accommodations

Our Smoky Mountain MT Sobek Camp (1,750') is located on 90 acres of land bordered by National Park land on two sides. The camp has 10 tent platforms with roomy tents, cots, sleeping pads, lanterns, a covered dining deck, a bathhouse with open-air showers heated by propane, and a small commercial kitchen. Each tent offers plenty of space

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to store personal gear and features an attached outdoor living area with comfortable seating, lighting and more great amenities to make your camping experience feel like home. There is no electricity; however, we have a battery charger for electronics. Please bring a fully charged headlamp for nighttime at camp. Soap, shampoo and other toiletries are not included, and we recommend you bring your own personal care products to ensure a comfortable camping experience. Although the camp is in a remote area, we do have neighbors. Quiet hours are from 10:00 pm to 6:00 am EST. On nights when we have a campfire, we will put the fire out during the quiet hours for safety.

Due to its proximity to the National Park, our camp does occasionally have visits from bears and other wildlife. Please be prepared to put your toiletry items and snacks in a separate area. You will have access to these items whenever you need them, however, we ask that you do not bring anything scented into your tent (such as snacks, toothpaste, etc.).

Communications

Due to its remote nature cell phone service at camp can be intermittent or non-existent.

Electronics

The United States uses 120 voltage and has type A and B outlets. If you are coming from another country, check the voltage on your personal electronics chargers to determine if you need a voltage converter. A good resource to see images of plug types is <https://www.power-plugs-sockets.com/>

While there are charging stations with USB ports available for charging phones, cameras and handheld devices, there is no electricity at camp. We recommend bringing extra batteries for your devices.

Meals

Please list all dietary restrictions and food allergies on your Participant Information Form so that we can inform your guides. We can successfully accommodate many special diets, but due to regional limitations or cooking facilities, please be aware that we may not be able to fulfill every request. If your dietary needs are critical (e.g. severe nut or wheat allergies), please let us know as soon as possible.

Our guides will focus on kid friendly foods made from fresh local ingredients as much as possible. They will also work to incorporate some regional specialties into their menu. Below are examples of some of the selections you can expect on this adventure.

BREAKFASTS: Fresh fruit, bagels, pancakes, eggs, potatoes, muffins, granola, yogurt and coffee/tea.

LUNCHES: combination of sack lunches to be eaten on trail and a local restaurant on day 4. Typical lunch fare includes a mix of sandwiches and wraps with sides such as cookies, chips and fruit.

SNACKS: Plenty of snacks are available throughout the trip including trail mix, crackers, fruit, cheese, and energy bars.

DINNERS: Some examples include fajitas and an authentic southern style BBQ along with various appetizers and desserts.

ALCOHOL: Alcohol is not included on this trip.

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Money

Your land cost includes most major expenses of the trip but please plan to budget for any expenses not included in the trip price including items such as personal snacks, alcohol, souvenirs, and optional guide gratuities.

There are no banks or ATMs available within Great Smoky Mountains National Park. If you'd like to bring money for incidentals, souvenirs, or gratuities we highly suggest visiting a bank or ATM in Gatlinburg before your trip starts.

Tipping Guidelines

Tipping your adventure guides is a common practice to show appreciation for their hard work and expertise in ensuring you have a great experience. The amount you tip may vary based on factors such as the length of the trip, the level of service, your guide team size, and your overall satisfaction.

On our hiking and rafting adventures in the United States and Canada, we recommend tipping your guide team \$50 - \$70 per day, per guest. On our camping based trips where guides prepare meals and look after accommodations, please consider tipping at the higher end of the range if you received excellent service.

Guides can accept gratuities paid by cash or apps like (Venmo, Zelle, PayPal, etc.). To ensure equitable distribution to the entire guide team, please deliver all gratuities to the trip leader.

Tips for restaurants, activity vendors, and hotel staff are included in your trip price.

Remember gratuities are always optional and at your discretion.

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Packing List

LUGGAGE

- ☐ Soft-sided duffel or suitcase
- ☐ Daypack with 25-35 liter capacity and rain cover
- ☐ TSA-approved luggage locks

CLOTHING

- ☐ Underwear for every day of travel
- ☐ Lightweight base layer tops
- ☐ Lightweight base layer bottoms
- ☐ Long-sleeved hiking shirts
- ☐ Short-sleeved hiking shirts
- ☐ Hiking pants
- ☐ Hiking shorts
- ☐ Swimsuit

OUTERWEAR

- ☐ Fleece or wool sweater/jacket
- ☐ Down jacket or vest
- ☐ Waterproof rain jacket with hood
- ☐ Waterproof rain pants
- ☐ Sun hat with wide brim or baseball cap
- ☐ Bandana and/or neck gaiter (buff)
- ☐ Fleece or wool hat
- ☐ Fleece or wool gloves/mitts

FOOTWEAR

- ☐ Hiking boots or shoes
- ☐ Water shoes with full foot protection
- ☐ Comfortable walking shoes (optional)
- ☐ Wool or synthetic hiking socks

TRAVEL ACCESSORIES

- ☐ Reusable water bottle(s) or backpack hydration system (recommended 2 liters total capacity)
- ☐ Camp towel
- ☐ Headlamp with fresh batteries
- ☐ Bug spray
- ☐ Camera, charger, and memory
- ☐ Electrical adapter/converter plug
- ☐ Toiletry kit, prescription medications
- ☐ Personal medical kit
- ☐ Sunglasses
- ☐ Spare prescription glasses, sunglasses, or contact lenses
- ☐ Sunscreen and lip protection

OPTIONAL TRAVEL ACCESSORIES

- ☐ Travel pillow
- ☐ Preferred hiking poles
- ☐ Earplugs
- ☐ Ace bandage or brace
- ☐ Camera, batteries, and memory card
- ☐ Reading and writing material
- ☐ Favorite snacks/ drink mixes
- ☐ Lightweight binoculars
- ☐ Spare roll-up duffel for souvenirs

PROVIDED

- ✓ Tents, cots, sleeping bag
- ✓ Trekking poles
- ✓ Wetsuits and PFDs for rafting
- ✓ Group first aid kit, all cooking gear

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Please give us a call at 800-974-0300

Packing Notes

Packing for Weather

Weather in the Smokies varies greatly depending on when you are travelling and the elevation at which you are travelling at. You can get a general idea of the weather through the seasons on the [Great Smoky Mountains National Park's website](#) (scroll to the lower part of the page). Keep in mind that, unless specifically called out, many of these temperature averages are for lower elevations (though general weather patterns are the same). You should expect that temperatures at higher elevations, where the majority of trips occurring from May-October take place, will be 10-15 degrees cooler. Afternoon thunderstorms are a distinct possibility, so adequate rain gear is important.

Packing Notes

After orientation our camp host will take the groups luggage to camp while guests head off to their first activity. Please ensure any items you need for Day 1 are kept in your daypack.

Any items that have a scent need to be packed in **a bag that can be separated from your luggage**. These items will be stored in a central bear-proof container that can be accessed any time you are at camp. Items to pack separately include:

- Food items: Snacks, powdered drink mixes, gum, etc.
- Toiletries: Deodorant, toothpaste, lotions, etc.

Important Note: Even items that are unscented can have an odor. If you are questioning whether or not an item is scented, it is better to rule on the side of caution and add it to the bear box.

Water shoes We recommend bringing your own water shoes for the adventure; however, the Nantahala Outdoor Center can provide booties for rafting should you need it. Your water shoes should be **footwear that you don't mind getting wet and will be worn for stream crossings as well as rafting**. Old tennis shoes work, as do sandals with a heel strap offered by brands like Keen, Chaco, Teva or similar. Flip flops fall off and are easily lost, so they should be avoided.

Daypack

Each day you'll carry a fleece, puff jacket and a rain shell, even if it is sunny when you wake up. You will also carry your lunch, drinking water, sunscreen, hat, rain pants, camera, and your trekking poles, when you are not using them. Please choose your daypack wisely! You will need to pack your daypack with any gear you would like to access while on the trail.

Footwear

Choosing your hiking shoes or boots is one of the most important decisions you will make when preparing for your trip. You will need sturdy, medium-weight, waterproof hiking boots with good lug soles. Low-ankle running or trail shoes are not acceptable. If you're buying new boots, be sure to completely break them in prior to the trip. To choose the right boots, look for the following features:

- **Solid, sturdy soles.** You should not be able to feel rocks or thorns beneath your feet.
- **Good leg and ankle support.** This will help protect against a twisted ankle.
- **Proper fit.** Your feet shouldn't slip around from front to back or side to side.

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- **Waterproof.** It's important to keep your feet dry!

Laundry

There will be no opportunities for laundry on this trip. Please pack what you'll need.

Health & Training

Prior to traveling, and before beginning any training regimen, please consult with your physician. Make an appointment with your doctor to discuss your current health, any immunizations or medications you may need for your trip, and current/planned exercise regimen. Check with the [US Centers for Disease Control & Prevention \(CDC\)](#) for information on recommended immunizations, and/or your healthcare provider for health concerns at your destination.

MT Sobek is not a medical authority and can only provide general information, which may not be accurate at the time of travel.

Staying Healthy

MEDICAL CARE

It's important that we have your accurate and up-to-date health information — especially in the event of a medical emergency on trip. Your Adventure Guides are responsible for the safety of all trip members, and may evacuate or disqualify you in the field if necessary. Please note that no refunds are given if you must leave the trip due to physical exertion for which you are not prepared.

Please be aware that hospital facilities could be far away, a doctor may not always be available, and evacuation can be prolonged, difficult, and expensive. We highly recommend purchasing travel protection.

SELF CARE

If it is going to be hot during your trip, consider bringing some powdered electrolytes to add to your drinking water to replenish minerals lost by sweat. On hiking and trekking trips, it's also a good idea to pamper your feet. Wear liner socks or use moleskin or Compeed patches if your feet are prone to sweating which can lead to hot spots and blisters. Don't forget to clip your toenails! Stay healthy by washing/sanitizing your hands regularly, especially before eating and touching your face. It's a good idea to bring a supply of hand sanitizer and to use it frequently.

TICKS & OTHER INSECTS

Ticks and venomous snakes may be present in the area that this trip operates in, and we highly recommend carrying insect repellent to protect yourself from tick bites and tick-borne diseases. For further information on ticks in the United States, please consult the [CDC webpage](#) on tickborne diseases.

BEARS

Bears are curious, intelligent, and potentially dangerous animals, but undue fear can endanger both bears and people. Respecting bears and learning proper behavior in their territory will help so that if you encounter a bear, neither of you will suffer needlessly from the experience. In general, bears avoid groups of people. Although most people want to see a bear, the bear does not really want to see us. Our guides will educate you on our bear safety protocols designed to keep both us and the bears safe from harm.

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Tips for Getting in Shape

Give yourself at least 6 months prior to your trip to get into your best possible cardio condition. Check with your doctor before starting any exercise program to determine your target heart rate during exercise. Do some cardio several times a week - walking, biking, running, swimming, etc.

For Level 3 trips: Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. We suggest spreading out this exercise during the course of a week. For example, get outside on a 2-4 mile hike or do aerobic activity for 40 minutes twice or more per week.

For trips at elevation: While hiking, carry some extra weight in your daypack, which should have a hip belt and sternum straps. Start with your water, snacks, and the same gear you plan to bring on your trip, which will weigh +/- 10 lbs. Gradually add weight in 2-3 lb increments (such as bags of rice) as you get closer to your trip. Make sure the weight is comfortably placed in your daypack and doesn't stress your back or shoulders. Carrying weight builds muscle and simulates the experience of hiking at a higher altitude.

Travel Protection

Travel protection cannot prevent mishaps from occurring, but it can reduce the burden of unexpected expenses and additional travel arrangements that need to be taken care of with little notice. We **highly** recommend purchasing travel protection before your trip. *Note: Many plans require purchase within a certain time from making your reservation or before final payment is made.*

If you intend to rely on your Credit Card Travel Insurance benefits, here are a few important questions to ask your credit card company prior to your trip:

- What if I have a medical emergency, an accidental injury, or get sick? What if any of those things happen to my traveling companion, or close family member?
- What if I have a travel delay and miss part of the trip or my trip is interrupted?
- What if my luggage is lost, stolen or damaged?
- What if I need to be evacuated or need help in an emergency?
- Are pre-existing medical conditions covered?

Arch RoamRight

The MT Sobek Travel Protection Plan may be purchased at any time up to 15 days before your departure date. However, we encourage you to purchase this plan within 14 days of your initial trip payment in order to be eligible for certain time sensitive benefits.

We offer the MT Sobek Travel Protection Plan for purchase designed with you and your travel investment in mind. The Plan includes trip cancellation and interruption coverage, baggage loss protection, and emergency medical expense coverage along with emergency medical evacuation coverage.

For pricing, please contact your Adventure Coordinator. If you have specific coverage questions, you may call Arch RoamRight at 844-631-6699. Full details of the plan are available by visiting: <https://partner.roamright.com/?AgencyCode=MTSOBEK>. The plan becomes effective upon MT Sobek's receipt of the premium amount. Deposits are

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not applied toward your travel protection premium. If you would like to purchase the MT Sobek Travel Protection plan, please contact your Adventure Coordinator.

General Trip Notes

Sustainability

We pride ourselves on being an environmentally responsible company and following "leave no trace" principles in the field. We request that on your trip you carry out whatever you carry in, including non-biodegradable items such as batteries, empty plastic containers, food wrappers, and so on. We suggest that you carry a large zip-lock bag in your backpack for your trash while you're on the trail. As you pack for your trip, think about ways to minimize waste, e.g. reuseable or recyclable materials.

Itinerary Changes

We always strive to provide the best and safest experience possible. Itinerary changes to accommodate unexpected changes in weather, transportation or logistics may be necessary which may impact accommodations, vehicle transfers and the timing of activities. This may or may not include changes to vehicle transfers, accommodations, and/or the timing of daily activities.

Please arrive with a spirit of adventure and willingness to be flexible.

Security

It is always wise to follow some simple safety precautions such as carrying minimal spending money and keeping a credit card stashed in a money belt or neck pouch. Remember that electronics, camera bags, jewelry, and purses attract attention. Certain accommodations such as mountain huts and tents may not have safes or door locks. If you must bring valuables on the trip, please understand that they're 100% your responsibility.

Smoking

Guests may not use cigarettes, cigars, e-cigarettes, vaporizers, or any other such item in areas where others are affected, such as in vehicles, within enclosed areas, or in the presence of others. Smoking is prohibited in MT Sobek accommodations.

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