

Gear List for Wilderness Trek backpacking trip

PERSONAL items

- Small (pocket) Bible
- Sleeping bag (with stuff sack)
- Sleeping pad (backpacking type)
- Biodegradable soap, toothbrush, toothpaste
- Hand towel or backpacking towel
- Small flashlight (with extra new batteries and bulb)
- Whistle on a lanyard
- Lightweight bowl, metal spoon, plastic cup. **None of these items should be the disposable type***
- Personal first aid kit (10 bandaids, 1 roll of 1/2" adhesive tape, 1" roll of gauze, alcohol wipes or antiseptic ointment, chapstick – in Ziploc bag)
- **2 water bottles** (1-liter soda/Gatorade bottles are ideal)
- 2 large heavy-duty garbage bags
- Eyeglasses or contact lenses/solution and a backup pair of either

CLOTHING

- 1-2 pair shorts (no jeans or heavy cotton shorts)
- 1pr long pants (nylon, synthetic, anything NOT cotton)
- 2-3 T-shirts (50/50 poly/cotton blend preferred, the more synthetic the better)
- 1 medium weight long sleeved shirt or light sweater (**must be wool, fleece or insulating long underwear NOT COTTON**)
- Rain gear (must be durable -a coated nylon poncho is nice because it can help cover your pack too, but cheap plastic ponchos won't do)
- Windbreaker Jacket (A waterproof jacket doubles as a wind proof jacket, but you need a jacket in addition to a poncho if you bring one. You may not need a poncho if you bring a waterproof jacket.)
- 2 pairs of footwear (one pair of hiking boots plus really lightweight sneakers or sandals for down times)
- 3 pair of socks (wool or synthetic, **NOT** cotton athletic type)
- 3 pair lightweight sock liners (polypro, olefin, nylon)

- 2-3 sets of underwear
- Wool or fleece knit hat
- Swim suit (modest one piece) (guys-swim trunks make great hiking shorts and you don't need separate underwear-bring 2 pair if you have them)

OPTIONAL

- Small camera and film
- Compass
- Small notebook Pencil/pen
- Small folding pocketknife
- Bandannas
- Sunscreen (small tube: spf 25 or higher)
- Inexpensive sunglasses with keeper strap
- Bug Repel (cream or spray)
- Wide brimmed hat and/or baseball cap
- Gaiters (keeps feet and socks dry)
- Comb, Anti-perspirent, other toiletries
- Dice, cards, frisbee, hacky-sack, etc.

DO NOT BRING

- Cell Phones
- Music/video or other media players
- Electronic games
- Non-prescription drugs, alcohol, tobacco
- Fixed blade knives or other weapons
- Fireworks
- Snack food or beverages

CAMP WILL PROVIDE

- Tent
- Backpack (for those needing one)
- Food & Snacks
- Cooking Equipment
- Water Filter
- Transportation to and from the trail

Please adhere as closely as possible to these recommendations as your comfort and safety depend on the gear you bring. Don't bring more or less than what is essential.

Things to keep in mind while you are collecting your gear:

Your hiking boots should be well broken in and waterproofed. It is advisable to wear your boots for the month before the trip and then reseal them again just before you arrive at camp. If you are buying new boots, get them and use them regularly **no less than one month** in advance of the trip. Boots should not be low cut and should give full ankle support. All-leather boots provide the best foot protection but are expensive. Leather/cloth combination type boots are less expensive but less waterproof. Above all, your footwear must be comfortable; they're a vital part of this trip. Ingrown toenails, blisters or painful calluses need to be taken care of well in advance of the trip. You should trim your toenails and fingernails two to three days prior to the trip to best prepare for hiking.

Place all your things in several sturdy plastic bags (zip-loc freezer bags work well and come in various sizes). Repack lotions and other liquids in plastic bottles. You should not have any glass in your pack.

We strongly recommend that you use wool and/or fleece items, as they continue to insulate even when wet. Avoid cotton clothing if at all possible. We don't want you to spend a lot to outfit yourself for this trip, so know that wool and fleece items can often be found at Goodwill, thrift or Salvation Army stores.

Your sleeping bag should be a synthetic fill backpacking type rated 30 to 40 degrees above Fahrenheit. You will need to put your sleeping bag in a heavy trash bag (not necessarily a huge trash bag just a durable one) then in a stuff sack (a small bag that can be squeezed). We have a few sleeping bags here at camp. If you are interested in borrowing one for the trip please let us know in advance.

If you have your own pack you are welcome to bring it. Camp staff will inspect it to make sure it fits and is in good repair.

Keep in mind as you gather your gear that **you** will be carrying all the stuff you bring **plus** some group gear/food for the duration of the trip. You **must** bring every item listed up to the *OPTIONAL* list, and from there you can choose what to bring from that list.