

# BACKPACKING - WHAT TO BRING?

Two bits of advice - "travel light" and "be prepared." Everything has to be packed into a backpack that the camp will provide. Keep in mind that the weather varies from very hot and sunny to cold, rainy and windy.

Plan your clothes so they can be worn over each other in layers. In the coldest weather you will be wearing nearly all your clothes! **WOOL IS BEST** - wool socks, wool sweaters, wool stocking cap - they all stay warm even when wet. Remember this is camping and it is important to bring clothing which will keep you warm and dry. It does not have to be color coordinated!

## ESSENTIAL ITEMS! You cannot depart on a trip without them!

- \_\_\_ **Camp physical** - give to your group leader. It must be:
  - \* **signed by parent**
  - \* **signed by physician**
  
- \_\_\_ **Medications** you are currently taking and or may need to take
  - \* **written instructions** about each item from parent
  
- \_\_\_ **Sleeping bag**; down bags are okay, but synthetic fill is better and will remain warm when wet. Also try to get a bag that packs fairly small
  
- \_\_\_ **Rain gear**; rain jacket or anorak and pants or poncho. Rain hat or hood (Rain gear is especially important due to the nature of Lake Superior's unpredictable weather.) The camp has some extra raingear you could borrow if for some reason you do not have your own. Call ahead.

## OPTIONAL

- \_\_\_ Bible (The camp can pack some trail Bibles.)
- \_\_\_ Camera
- \_\_\_ Your own sleeping pad

## ALSO PACK:

**A word about clothing: Try to bring as many wool or synthetic items as possible. These will keep you warm when wet. Cotton will not!**

- \_\_\_ 2 short sleeved T-shirts
- \_\_\_ 2 pair shorts
- \_\_\_ 1 long sleeved shirt with a collar that can be worn on a warm day to protect you from the mosquitoes. A work shirt or flannel shirt works great.
- \_\_\_ 1 warm shirt - wool is best, but a sweatshirt will do
- \_\_\_ 1 wool sweater

- \_\_\_ 1 pair loose pants - wind pants work well or medium weight pants - but no jeans
- \_\_\_ 1 pair loose heavy pants - insulated (lined) wind pants, sweat pants, or wool pants
- \_\_\_ 1 swimsuit
- \_\_\_ Underwear
- \_\_\_ 4 or 5 pair of socks (1 or 2 WOOL, 1 or 2 liner socks) - plan to wear two pair of socks while hiking because two thin pair are better than one thick pair
- \_\_\_ 1 pair boots (work boots, hiking boots, etc.) need not be heavy or fancy, but **Your Footwear Must Be Broken In** – many people will wear tennis shoes for hiking, the important thing is to have a shoe with a good sole and arch & ankle support
- \_\_\_ 1 pair of light weight shoes to wear at the campsite or to switch with your boots (e.g., tennis shoes or moccasins)
- \_\_\_ 1 baseball cap or visor
- \_\_\_ 1 wool stocking cap (for cool nights, good to sleep in)
- \_\_\_ Toothbrush, toothpaste, and other personal products (use travel size)  
(most toiletries will be left at camp for use upon return from trip)
- \_\_\_ 1 towel to be left at camp
- \_\_\_ 1 set of clean clothes for the ride back home
- \_\_\_ Flashlight
- \_\_\_ Insect repellent
- \_\_\_ Sunscreen
- \_\_\_ Lip Screen
- \_\_\_ Sun glasses
- \_\_\_ 1 or 2 bandanas

**DO NOT BRING THE FOLLOWING ITEMS:**

- \* Radios, CD Players, Tape players or Walkmans  
(You may have these for the ride to Amnicon, but they stay in the van upon arrival)
- \* You will not need curling irons or hair dryers on the trail.  
You may use them at camp where there is electricity if you wish.
- \* Disposable cans and bottles are not allowed on the trail.
- \* Guns or Fireworks of any kind
- \* Pets or Animals
- \* Heavy sports equipment

**The use of alcohol or any non-prescription controlled substance is not allowed. Anyone found to have these items in their possession will be sent home at once.**