

Camp will provide backpacking meals in the woods and Pizza at Miguel's Campers are responsible for fast food meals on the road. There is a chance that one of our camp meals will switch out to an on-road meal depending on travel days and timing so planning for extra cash would be good.

GEAR RECOMMENDATIONS

PROVIDED NEEDS:

1. Tents (Shelter)
2. In-camp meals
3. Pizza days at Miguel's (This campground has showers the campers can purchase as well)

NOT PROVIDED BUT MUST-HAVES:

1. Backpacking backpack (recommended brands: Osprey, REI, Gregory... + Alps mountaineering is a budget brand that's pretty good). REI will fit you for a pack and let you try them out in store.
 - a. We DO have extra packs for you that could be shared – but if they don't fit the wearer will be pretty uncomfortable. Please let Lyle know and he will bring extras.
2. Sleeping bag, sleeping pad
3. Moisture-wicking clothing (AVOID COTTON)
 - a. Clothing tips: I usually take 1 lightweight set of extra clothes on the trail (not always). I always take one extra pair of socks. I would definitely bring a few extra outfits to leave in the vans. I would keep one set clean for the ride home!
 - b. WE WILL HAVE ACCESS TO SHOWERS ON TUESDAY AND FRIDAY. They run 4 minutes for \$1 (If it hasn't changed since last year). The camp will pay for the first 4 minutes of showering per camper, if you want more than that, bring extra money.
4. Headlamps, flashlights, set of extra batteries
5. Good hiking shoes or boots (Athletic shoes are OK, but something rugged is preferred – and they will get muddy/wet)
6. Flip Flops or water shoes for creek crossings to avoid wet socks and feet
7. Kitchen/food items:
 - a. The campers will be provided with lunch and dinner backpacking meals. A lightweight bowl or plate, and a spork or lightweight utensil set are probably fairly essential.
 - b. Bring snacks!
 - i. Think high calories and protein and low weight items. My favorites are trail mix, clif bars, triscuits/crackers, jerky, candy. The camp will provide some snacks.
8. Speaking of rain – a poncho or rain-jacket, a rain cover for your pack, and a hat will make you feel better in the rain. If your pack doesn't come with a rain cover, you can purchase a universal one OR simply put all of your packed gear in dry bags or ziplocs.

RECOMMENDED

ITEMS TO BRING

1. Recommended safety and toiletries:
 - a. Sunscreen, chapstick, wet wipes and deodorant, wilderness soap and a lightweight towel, a small amount of toilet paper and large ziplock bags for water-proofing items AND for packing out trash (We pack out ALL trash), toothbrush and toothpaste (an almost empty toothpaste is lightweight!)
2. Paracord, carabiner or two, Pocket knife, lighter or waterproof matches,
3. A personal digging tool for any number 2's (You can use a stick though ☺)
<https://www.rei.com/product/799009/gsi-outdoors-cathole-sanitation-trowel>
4. Hiking poles – Not a must, but they are handy and do help with the backpack weight, traversing steep hills and sketchy creek crossings. Some hikers feel like they hold them back though! Personal preference...
5. Darn Tough or Smart Wool or REI hiking socks. I believe good socks are the most important hiking specific clothing to have. Merino wool is perfect for what we're doing. They are expensive but can be worn multiple days in a row and wick away sweat and moisture.
6. An extra duffel bag or shopping bags to keep spare gear and supplies organized in the vans.
7. Pants are usually more ideal than shorts. Keep's itchy things out (and bugs) and offers a little scuff/scrape/sun protection. Personal preference though! They make hiking pants that have leg zips to make into shorts!
8. A personal camping stove is recommended (MSR Pocket rocket – lightweight and not expensive), but we will have a few with us. The more we have the faster cooking will go!
9. Something to sit on. The first time I went BP'ing this was my one let-down. It rained and I could only sit in the mud. Not cool ☺
 - a. The camp will buy a Z-style sleeping pads and cut off a small section for each camper at the end to make a "sit pad" and then sleep on the other section. They're light and cheap and much better than the ground. If you want something fancier than that they sell small portable camping chairs, but don't feel like you need to bring one, it is extra weight you would need to carry.

NOT RECOMMENDED:

1. Cotton clothing!
2. Waterproof shoes. Here's why: socks aren't waterproof and the shoes are usually sealed/non-breathing and can make your feet too hot, super sweaty, more prone to Blisters. Some folks LOVE waterproof shoes/boots; but I find they aren't worth it
3. Heavy gear. Think this as you are planning: Every ounce adds up to a pound eventually!

OTHER INFO:

1. Water – We plan for at least 2 liters of water a day for drinking and cooking meals (You are welcome to bring extra water bottles and leave in vans just in case)
 - a. Caveat: water is the heaviest thing in the pack. We'll take just what we need for the hikes each day or two days and leave the rest in the vans.
 - b. Info: We will be able to filter water and refill bottles at creeks but it's not an everyday guarantee that we have access to water. We will teach kids how to filter water!