



BIGHORN

Middle School Canoe Expedition Packing List

Camp Bighorn will provide all adventure gear (other than clothing and personal items). This includes camping gear. If you have personal gear, feel free to bring those instead; but know that most gear can be provided at no additional cost. Otherwise, please bring the following:

BACKCOUNTRY CLOTHING:

Please AVOID COTTON clothing on this trip

- 1-2 Short sleeve shirts (synthetic or wool)
- 1 Long sleeve shirt that is lightweight (synthetic or wool)
- 1 Pullover or jacket (insulating layer, fleece wool, or down)
- 1 Pair of lightweight hiking pants, NOT jeans (quick drying)
- 1 Pair shorts
- 2-3 Pairs of underwear
- 2-3 Pairs of hiking socks (synthetic or wool)
- 1 Pair of water shoes: sturdy sandals with a heel strap, old athletic shoes or water shoes with a stiff sole are appropriate; no flip flops or water socks
- 1 Old pair of shoes for the campsite
- 1 Warm hat
- 1 Sun hat or baseball cap (for sun protection)
- 1 Rain jacket (waterproof and lightweight)
- Swimsuit

ADDITIONAL ITEMS:

- Small bible (old & new testaments)
- Personal journal and pen
- Ziploc-style bags for waterproofing
- Toiletries
- Feminine care products for gals
- Sunscreen
- Any medications

OPTIONAL ITEMS:

- Sunglasses
- Pocket knife
- Rain pants
- 1 Pair of long underwear
- Pack towel
- Bugspray

Lightweight camping chair

Water shoes that have a heel strap (for swimming in the mountain lakes)

BACKCOUNTRY GEAR:

The following items are required for this wilderness trek, and are available to borrow from Camp Bighorn without any additional costs. If you have your own sleeping bag, sleeping pad, head lamp, or mess kit, please feel free to bring those.

2 Water bottles (capacity of 2+ liters total)

Sleeping bag (approx. 30 to 35F)

Sleeping pad (self-inflating or closed cell foam pad)

Head lamp with extra batteries

Whistle

Lighter

Durable bowl, mug, and spoon

LAYERING BASICS:

Correctly layering your clothing while hiking is important. Weather conditions can change quickly, and the right layers will help you adapt as needed. "There is no such thing as bad weather, only the wrong gear."

1. Base Layer

The base layer must be capable of wicking moisture away from your body, allowing it to evaporate and keep you dry. For your base layer to perform most effectively it should be form fitting rather than baggy. Materials commonly used include polypropylene, polyester, and wool. No cotton!

2. Insulating Layer - the layer that keeps you warm in cold temperatures.

Again, it is important that the material be capable of wicking moisture away from your body. Materials commonly used to insulate include fleece wool, down, and other synthetics like polyester and polypropylene. Just remember, no cotton! Wet cotton is unable to insulate your body and will not dry quickly. Other materials like fleece and wool retain most of their insulating value when wet and dry very quickly.

3. Shell Layer - the layer that protects you from wind, rain, and snow.

The last layer is the shell. This layer is important to be waterproof, keeping you dry in rain and breathable, allowing your body's moisture to escape and ultimately keep you dry. Materials commonly used in a shell include Gore-Tex, Triple Point, or other waterproof and breathable materials.

Middle School Wilderness Expedition:

Check-In: July 27th, 2-3pm

End-of-Trip Celebration and Check-Out: August 1st, 12pm