

North Manitou Backpacking Adventure

****REMEMBER:** You have to carry everything you bring plus group equipment and food everyday !

Pack - internal frame

Nylon pack cover-, or 3-4 very large garbage bags. They tear, but if you're not a complete klutz they will usually work, and are cheap and will usually work

Stuff Sacks or 4 to 8 one-gallon freezer bags (tougher than sandwich bags) to use as clothes packets to keep stuff dry.

Sleeping Bag I'll leave the temperature rating up to you, but if you have any questions give me call. Make sure it compresses fairly small or small enough to stuff in your pack's sleeping bag compartment.

You also may want a sleeping pad, but that's up to you.

Clothing -

Lightweight hiking boots with good ankle support

Sneakers or sandals

4-5 pairs wool/wicking/liner socks

4-5 pairs underwear

1 pair quick drying shorts

1 bathing suit

1 pair of quick drying pants, maybe zip-off

1 cap or hat

1 stocking hat (for chilly nights!)

1 fleece or jacket

4-5 short/ long sleeve shirts

rain gear

****Make sure the clothes you bring are appropriate for backpacking for the whole trip. This means, lightweight and not bulky. You may also want to bring a couple of changes of clean clothes for traveling to and from drop off points.**

Personal gear -

good water bottle - your name on it in permanent marker (strong, like Nalgene)

camp plate/cup/bowl, silverware - items for your use (compact)

toothbrush, deodorant, medications, and other personal items

sunscreen (strong SPF, we don't want you to turn into bacon!)

insect repellent (strong stuff!)

liquid camp soap (biodegradable)

toothpaste/ toothbrush (biodegradable, just the paste!)

toothbrush and biodegradable toothpaste

towel- a camping towel or small towel

flashlight (consider one you can wear on your head)

Optional Items-

compass

sleeping pad

small pillow (or just sleep on your sweatshirt/fleece)

camera

small diary

cards/ a paperback book/ scetch pad

****Make sure the clothes you bring are appropriate for backpacking for the whole trip. This means, lightweight and not bulky. You may also want to bring a couple of changes of clean clothes for traveling days and days spent at Camp Lookout before and after the trip.**

No No's Because this adventure is in a wilderness setting and because we want it to feel that way, we'll try to have as little electronics as possible. As much as you'll miss your ipod, cell phones, PSP, watches (yes watches!), or anything else your currently plugged into, you'll have a lot more fun with out it. We promise! So leave it all at home and try something new. Make your own music, play your own games, talked to people with out cell phone service. Spend the weeks Un-Plugged!

Also, please leave fireworks, weapons (besides a small pocket knife), pets at home.

Procession and or use of Tabacco/Drugs/Alcohol/Weapons will result in parent contact and campers involved will be sent home from adventure.

