

# South Manitou Island BaseCamp Adventures

Backpack - for your belongings and equipment. Make certain that it fits well and that you have practiced hiking with it (with weight!).

Small/Medium Mesh bag – (for wet clothes and shoes, so they'll dry out!)

Hiking boots/shoes - good ankle support

sandals

Clothing -

1 or 2 pair zip off pants or nylon type pants  
1 or 2 pair shorts (light, quick drying)  
1 bathing suit or trunks  
3-4 t-shirts  
3-4 pair socks-- wool or wool blends are good  
underwear  
rain jacket  
fleece long sleeve or wool sweater  
long sleeve shirt/sweat shirt  
bandanna or hat  
sunglasses  
change of clothes (for days at camp)



**\*\*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!)  
towel- a camping towel or small towel  
sleeping bag/stuff sack- (preferably one that can be stuffed as small as possible!)  
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 paper back book/sketch pad  
Snorkeling equipment

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 week Un-Plugged!

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

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