

Camp Augusta Wilderness- Hiking Trip Preparation and Packing List

Greetings Parents and Campers!

We are excited to have you join us this summer for an amazing Camp Augusta Wilderness Trip! Here at Augusta we are working hard to develop a high-quality backpacking experience that maximizes safety and fun (and learning too!). There is a lot of preparation that goes into successful trips. One very important aspect of safety and enjoyment of a backcountry experience is proper clothing and equipment. **Camp Augusta will provide the majority of equipment and we are asking campers to arrive with proper clothing and footwear.**

Why is proper clothing and footwear so important?

Example #1: In the event of cold and rainy weather, it would be extremely uncomfortable (possibly unsafe) for a camper to have *only* cotton clothing, rather than mostly synthetic clothing. Cotton absorbs water (and sweat) VERY well, even when wearing proper rain gear. This is described in further detail at the end of this document.

Example #2: Any camper going into the wilderness without liner socks or properly fitted and worn hiking shoes or boots has a much higher risk of getting blisters on the feet or twisting an ankle. For a one night trip near camp this would unlikely be a big problem; however, during our 4-5 night trips a severe case of blisters or a twisted ankle could cause the camper or the whole trip to return to camp early. "Liner" socks and boots are described in more detail towards the end of the document.

It is essential that each camper has all the gear listed on the following pages. We recognize that some items listed may need to be bought specifically for this trip, and we have made great effort to keep this list at a bare minimum **while still ensuring safety and comfort.** Since campers will leave the trip with the necessary skills and experience to safely backpack with friends and family, we invite you to view this cost as an investment. Please let us know if you need clarification on any item on the list or if you feel the costs of these items are outside your family's budget (we're confident we can help you and find a way to make it work!).

It is necessary for parents/guardians to go through the packing list item-by-item with their campers as soon as possible as this will allow time to find good deals on any necessary gear or ask for help from your friendly backpacking experts at Camp Augusta. We want to help everyone have adequate gear while staying within their budget and we can offer tips for finding cost effective pieces of gear if needed.

Outdoor clothing 101: a lesson in function, weight, and compressibility

If you would like more info on how to choose the right clothes, visit:

<http://www.rei.com/expertadvice/articles/dress+layers.html>

One week session campers only: We will be at camp for Sunday afternoon/evening, **Monday morning (early departure to wilderness)**, Friday afternoon after our trip and Saturday morning before you leave camp; therefore, additional clothes will need to be packed for those times. Some trips may have different schedules, if you are unsure, please contact Camp Augusta at Office@campaugusta.org or by calling (530) 265-3702 and we will be happy to help!

What each camper needs to bring from home

Equipment	Quantity	Comments	Checklist
Upper Body			
T-shirts	2-3	We recommend synthetic as it dries faster; however if you don't already own synthetic, cotton is acceptable	
Long underwear top (Base Layer)	1	Synthetic required	
Warm jacket or sweatshirt (Mid Layer)	1	Synthetic required (not bulky or heavy)	
Bras (girls)	1-2	Sport Bras recommended	
Warm hat	1	Wool or synthetic	
Sun hat	1	Wide-brim style encouraged, baseball ok. Used to protect ears and face from the sun.	
Lower body			
Underwear	4	Synthetic recommended as cotton tends to chafe	
Long underwear bottoms (Base Layer)	1	Synthetic only	
Pants	1	Synthetic outdoor/hiking pants are required. No jeans are allowed for wilderness portion.	
Shorts	1-2	Jean shorts not allowed. Synthetic is highly preferred.	
Swimsuit	1	1-piece recommended for girls, could be substituted for a pair of shorts	

Footwear and socks			
Equipment	Quantity	Comments	Checklist
Hiking boots/shoes	1	Important: properly fitted and broken in! (Additional specific information below)	
Liner socks	3 pairs	While hiking we will wear one pair of liners and one pair of hiking socks	
Hiking socks	3 pairs	Wool or synthetic required	
Sandals or water shoes	1	For walking around camp/crossing streams. Must have ankle strap. No flip flops.	
Miscellaneous			
Sunglasses (optional)	1	Expensive glasses not recommended; cases can help protect them from breaking	

Glasses or Contacts	2	If necessary bring enough for trip and a spare set.	
Bandana	1-2	Many uses, be sure to have at least one!	
Flashlight	1	Small headlamp recommended, not required	
Toothbrush/toothpaste	1	Small, travel size	
Hairbrush/comb	1	optional	
Water bottles	2	27 oz/800 mL-1.5 L each, durable with no leaks	
Lip Balm	1	Can be uncomfortable to be without, great if includes sun protection at least SPF 15	
Personal medications, vitamins, supplements	If applicable	Medication dispensing will be handled by trained staff members for the duration of the session	
Camera (optional)	1	Disposable/small inexpensive recommended	
Gloves or Mittens	1	Rag Wool or Synthetic (fleece)-If think they will be needed	
Pad and Pencil	1	Can be handy to record experiences or journal.	
Anything else you think necessary		We can help you decide what is necessary when we are loading backpacks at camp	
Watch (optional)	1	Recommended for 'Lost Coast' trip	

Gear That Camp Will Supply

(You are welcome to bring your own if you like. No need to buy any of this!)

If you are bringing your own check comments box for specifications

Sleeping Bag	1	Rated for 32 degrees or lower, synthetic, tightly packed in small stuff sack	
Sleeping Pad	1	Foam pad used for padding and insulation between sleeping bag and ground.	
Sleeping Bag Liner	1	Synthetic fitted sleeping bag sheet to provide additional comfort and keep sleeping bag clean.	
Backpack	1	Minimum 60L/3700 cu in, Maximum 85L/5200 cu in	
Rain gear (Shell Layer)	1	Camp provides waterproof ponchos	
Ground Cloth	1	A waterproof nylon sheet to go between your sleeping pad and the ground.	
Plastic Trash Bags	1-2	Heavy-duty trash compactor bags used to waterproof pack contents	

Camp will be supplying all other gear necessary for cooking, eating, first aid, making a shelter, and water treatment. (If bottom chart would be included than this part would be deleted)

Group Equipment

Camp will be supplying all other gear necessary for cooking, eating, first aid, making a shelter, and water treatment.

Shelters	First Aid Kits	Reference Books	Trekking Pole
Camp Stoves	Fishing Equipment	Equipment Repair Kits	Trowel/Restroom Supplies
SPOT	Satellite Phone	Water Purifiers	Ground Tarps
Fuel Bottles	Maps & Compass	Bear Resistant Food Containers	Cooking gear
Bug Spray	Sunscreen		

We request you mark your gear with your initials, especially socks. We are working hard to reduce the enormous pile of lost and found each season (so large it has gravitational pull!).

Important! Below are the most important items for your safety and comfort!

Socks

Having proper socks is **HIGHLY** important when backpacking! We will wear a thin pair of synthetic 'liner' socks underneath a thicker pair of synthetic or wool (or blend) hiking socks. This combo helps reduce friction on your feet, reducing blisters.

You need: 3 pairs thin, 3 pairs thick

Boots

Properly fitted, worn-in hiking boots with ankle support is required. In the past hiking boots were not required because of the short duration of hikes with lighter packs. Considering the heavier packs ankle support is extremely important. **Any wilderness camper arriving at camp without adequate boots or liner socks will be charged for the cost of obtaining them locally**-please help us prevent this from happening! Our local outdoor retailer is expensive and this would be a considerable inconvenience to us.

Acceptable-- "hiking" boots: these boots are designed for day trips or short backpacking trips when there is a light pack being worn. These cost between \$95-\$180 Examples in no particular order are Merrell Moab mid, Merrell Redlands mid, Merrell Outland mid, Vasque Wasatch GTX, Lowa Bora GTX, and Garmont Flash XCR

Recommended -- "backpacking" boots: this is the ideal style of boot for the backpacking wilderness trips. These offer greater ankle support; they are designed for carrying a heavier pack on extended trips and provide the greatest support. Examples in no particular order: Asolo power matic series, Lowa Tahoe GTX, Garmont Dakota, La Sportiva thunder GTX, Montrail blue ridge, and Raichle Mt. Peak.

The examples list is not exhaustive and is to be used for suggestions only. It is acceptable to wear a pair of boots not listed above so long as they are good quality and provide significant ankle support.

If you don't already have boots we recommend being fitted at a reputable outdoor equipment store (REI is great). **If you buy a new pair of boots for the trip you need to wear them for two full days before arriving at camp**-the more they are worn before hiking in them the less likely they will create blisters.

Personal Electronics

Please, no electronics other than a camera and watch (both optional). Please keep in mind we take no responsibility for lost or damaged items, so we recommend you don't pack anything of great value. See our camp packing list for "what not to bring" and why at this link to our website:
http://campaugusta.org/Registered/2013_Packing_List.pdf

What do you mean by 'synthetic' clothing?

As mentioned earlier, having *only* cotton clothing can not only become very uncomfortable but also very unsafe. Cotton absorbs water, be it sweat or rain, very well and takes a long time to dry. While drying it does not insulate and contributes to chafing which makes for a very uncomfortable hike on a windy, cold morning. Examples or recommended synthetic materials include fleece (for a warm layer or jacket), polyester/polypropylene (long underwear tops and bottoms), and nylon (great for pants). Merino wool functions similar to synthetic clothing with the added benefit of being the best at resisting odor and is great for use in the outdoors; however, it is usually expensive.

Please do not hesitate to contact us with questions or concerns; we can be reached at WildernessTrips@campaugusta.org or (530) 265-3702