

# Camp Augusta Wilderness-Backpacking Trip Preparation and Packing List 2018

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 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. Boots are described in more detail

**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!). We keep many pieces of clothing and extra gear on hand so we may be able to supplement you if you are not yet ready to buy.

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>

**Supplemental Clothing:** 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. It is helpful for campers to also have a towel

and some type of shampoo and/or soap so that they can clean up before heading home. 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!

<b>What each camper needs to bring from home</b>			
Equipment	Quantity	Comments	Checklist
<b>Upper Body</b>			
T-shirts	2-3	Synthetic or wool is required No cotton	
Long underwear top <b>(Base Layer)</b>	1	Synthetic or wool is 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 is required	
Sun hat	1	Wide-brim style encouraged, baseball ok. <b>Used to protect ears and face from the sun.</b>	
Rain Jacket (highly recommended)	1	There is always a chance of rain and it is important to keep dry! Camp does provide vinyl plastic ponchos for campers.	
<b>Lower body</b>			
Underwear	3-4	Synthetic or wool recommended as cotton tends to chafe	
Long underwear bottoms <b>(Base Layer)</b>	1	Synthetic or wool is required	
Pants	1	Synthetic outdoor/hiking pants are required. No jeans are allowed for wilderness portion.	
Shorts	1-2	Synthetic material is required	
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: <b>properly fitted and broken in!</b> (Additional specific information below)	
Liner socks	3 pairs	While hiking we will wear one pair of liners and one pair of hiking socks (liners are not required, but some people find them comfortable)	
Hiking socks	3 pairs	Wool or synthetic required	
Sandals/water shoes/ camp shoes	1	Recommend having something lightweight to wear on your feet after being in boots all day	
<b>Miscellaneous</b>			
Sunglasses	1	Expensive glasses not recommended; cases can help protect them from breaking. Thrift stores are great for cheap sunglasses.	
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	
Toothbrush/toothpaste	1	Small, travel size	
Water bottles	2	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 we will also provide a camera for the group	
Gloves or Mittens (optional)	1	Wool or Synthetic (fleece)-If think they will be needed	

Pad and Pencil (optional)	1	Can be handy to record experiences or journal.	
Trekking Poles (optional)	1 pair	If campers have/are interested they are welcome to bring them. We also provide fixed style poles if campers are interested.	
Watch (optional)	1	Optional	
Anything else you think necessary		We can help you decide what is necessary when we are loading backpacks at camp	

**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 20 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	
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)**

<b>Group Equipment</b>			
<b>Camp will be supplying all other gear necessary for cooking, eating, first aid, making a shelter, and water treatment.</b>			
Tarp Shelters	First Aid Kit	Reference Books	Trekking Poles
Camp Stoves	Fishing Equipment	Equipment Repair Kits	Trowel
Fuel Bottles	Maps & Compass	Bear Resistant Food Containers	Restroom Supplies

Bug Spray	Water Purifiers	Waterproof Camera for group	Ground Tarps
Sunscreen	Satellite Phone	SPOT-GPS Tracking Device	Cooking gear
Personal eating gear-Spoon and Bowl			

**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!**

### **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. Please remember that feet swell when hiking. It is recommended to do some activity before going to purchase and try on boots. **Any wilderness camper arriving at camp without adequate boots 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. Below is our explanation of our "What not to Bring" list from our website.

Achieving the social objectives we set forth for our campers requires the creation of a particular camp and social community. Things such as MP3 players, games, cell phones, and many common magazines work

directly against these objectives, and hamper the experience and social growth of all of our campers. Taking the time to sit down with your camper and go through their gear a day or so prior to camp can give you the opportunity to discuss how they are feeling about their time away from home, address any anxieties or questions they may be having, and gain a good idea of exactly what they are bringing to camp (you'd be surprised at some of the things that show up).

[http://campaugusta.org/wp-content/uploads/2016/03/Packing\\_List.pdf](http://campaugusta.org/wp-content/uploads/2016/03/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](mailto:WildernessTrips@campaugusta.org) or (530) 265-3702**