



# BIGHORN

## Highschool Backpacking Camp (Week 1) Packing List

(High School Rock Climbing Camping {Week 2} Packing List found on page 3)

Camp Bighorn will provide all adventure gear (other than clothing and personal items).

This includes camping gear and climbing 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 (water resistant & quick drying)
- 2-3 Pairs of underwear
- 2-3 Pairs of hiking socks (synthetic or wool)
- 1 Pair of hiking boots or sturdy shoes (please break in before arrival)
- 1 Warm hat
- 1 Sun hat or baseball cap (for sun protection)
- 1 Rain jacket (waterproof and lightweight)

### **ADDITIONAL ITEMS:**

- Bible and personal journal
- Toiletries
- Sunscreen
- Pocket knife
- Casual wear for before and after the trip
- Towel and shower supplies once we return to camp
- Any medication
- Swimsuit (for swimming in the mountain lakes)

## **OPTIONAL ITEMS:**

- 1 Pair of camp shoes or sandals (for relaxing at campsites)
- Sunglasses
- 1 Pair of long underwear
- 1 Clean shirt and extra pair of underwear for sleeping
- Pack towel
- Lightweight camping chair
- Optional - 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 backpack, sleeping bag, sleeping pad, head lamp, mess kit, or trekking poles, please feel free to bring those.

- 2 Water bottles (capacity of 2+ liters each)
- Backpack (for trips up to 5 days, 50-70 L./3,000-4,500 C.I.)
- Sleeping bag (approx. 30 to 35F)
- Sleeping pad (self-inflating or closed cell foam pad)
- Head lamp with extra batteries
- Whistle
- Lighter
- Compass
- Trekking poles (strongly recommended for those with any joint problems)
- Backpacking mug, plate, and utensils

## **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. Down is also a great outdoor insulator because it packs small and insulates very well. The only problem is that it does not insulate when wet and dries very slowly.

## **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 snow 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.

### **HS Backpacking Camp (Week 1):**

Check In: 4-5 PM July 18, 2022

Check Out: 2-2:30 PM July 22, 2022

# **High School Rock Climbing Camp (Week 2)**

## **Packing List**

Camp Bighorn will provide all adventure gear (other than clothing and personal items).

This includes camping gear and climbing 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:

### **ROCK CLIMBING/CAMPING CLOTHING:**

- 2-4 Short sleeve shirts
- 1 Long sleeve shirt that is lightweight
- 1 Pullover or jacket (insulating layer, fleece wool, or down)
- 1 Pair of lightweight hiking pants, NOT jeans (water resistant & quick drying)
- 2-3 Pairs of underwear
- 2-3 Pairs of hiking socks (synthetic or wool)
- 1 Pair of tennis or approach shoes/hiking boots (for setting up climbs)
- 1 Warm hat
- 1 Sun hat or baseball cap (for sun protection)
- 1 Rain jacket (waterproof and lightweight)
- Duffel or backpack to pack all your stuff in

## **ADDITIONAL ITEMS:**

- Bible and personal journal
- Toiletries
- Sunscreen
- Casual wear for before and after the trip
- Towel and shower supplies once we return to camp
- Any medication
- Swimsuit (for swimming in Lake Koocanusa)
- 1 Day pack (medium size backpack)

## **OPTIONAL ITEMS:**

- 1 Pair of camp shoes or sandals (for relaxing at campsites)
- Sunglasses
- 1 Pair of long underwear
- 1 Clean shirt and extra pair of underwear for sleeping
- Pack towel
- Lightweight camping chair
- Optional - Water shoes that have a heel strap (for swimming in Lake Koocanusa)

## **GEAR LIST:**

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

- Rock climbing harness
- Rock climbing shoes
- Rock climbing helmet
- 1 Large locking carabiner
- 1 Belay device
- 1 -2 Standard and/or steel carabiners
- 1-2 Runners/tethers
- 1 Prusik
- 2 Water bottle (with a capacity of 2+ liters each)
- Sleeping bag (approx. 30 to 35F)
- Sleeping pad: Self-inflating or closed cell foam pad
- Head lamp with extra batteries
- Backpacking mug, plate, and utensils

## **LAYERING BASICS:**

Correctly layering your clothing while rock climbing and camping 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. Down is also a great outdoor insulator because it packs small and insulates very well. The only problem is that it does not insulate when wet and dries very slowly.

### **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 snow 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.

**HS Rock Climbing Camp (Week 2):**

Check In: 4-5 PM July 25, 2022

Check Out: 2-2:30 PM July 29, 2022

