

July 8-14 One week Backpacking Trip

Dear Trip Camper,

We are excited that you have decided to join us on a backpacking trip this summer! Wilderness trips are a unique and exciting way to experience nature, engage with friends and recognize God. Backpacking is physically and mentally challenging work, but you will soon learn to rely on your group and yourself in new ways. No previous backpacking experience is necessary, although you do need to be willing to participate in the challenges and joys of wilderness camping.

As we prepare for our week together, there is some information that you should be aware of. If you have any other questions, please be sure to contact Covenant Point at **906-265-2117** or check out the **Trips** page at **cpbc.com**. We look forward to seeing you this summer!

The following is a list of recommended items needed for the trip. Please do not feel the need to purchase a pile of expensive equipment. Many items can be borrowed or found at thrift stores. Tents, sleeping pads, hiking backpacks and cooking equipment will be provided.

- 1 nylon sleeping bag with stuff sack. 20 degree rating. No more than 5 pounds.
- 1 pair hard-soled, ankle-high hiking boots. Break in your boots before you arrive.
- 2-3 t-shirts and 2-3 pair underwear.
- 1 pair tennis shoes or sandals to change into at campsite.
- 4 pair hiking socks (thick and high).
- 1 warm fleece or wool long sleeve layer.
- 1 pair light weight gloves
- 1 waterproof rain jacket and pants
- 1 pair of loose fitting pants for hiking (not jeans)!
- 1 warm hat
- 1 handkerchief or bandana
- 1-2 pair shorts for hiking
- something to sleep in
- 1 modest swimsuit
- sunglasses, brimmed hat, sunscreen, lip balm
- bug spray
- headlamp or small flashlight
- small bible, journal, pen, camera
- toiletry items (use small travel containers and pack in ziplock bag).
- small towel or camping towel
- tampons for women
- small backpack/bag for van ride to the mountains.
- Six- 2 gallon ziplock bags (to put clothes in to keep dry)
- Spending money- you will be responsible for one fast food meal while traveling to the mountains. Also bring money if you wish to purchase snacks during the trip or visit the canteen at camp.