



Adventures In Leadership

Dear Adventures In Leadership Student,

We are excited that you have decided to join us on an adventure in learning about leadership and it's accompanying backpacking trip this summer! Wilderness trips are a unique and exciting way to experience nature, engage with friends, recognize God and learning about yourself as a leader. 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 **cpbc.com/trips**. 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, 2/3 length "ridge rest" sleeping pads, hiking backpacks and cooking equipment will be provided. Your first night at camp we will unpack our bags and repack into the backpacks that we provide for you, and split up communal gear amongst the group. Your luggage and unnecessary items (including phones and electronics) will be stored safely at camp for the time we are on trail.

Additionally remember that we will be at camp for two days. You will want to pack separate cloths to wear around camp including t-shirts, pants or shorts, and close toes shoes. You will also want to keep a clean outfit and shower supplies to clean Friday night when we come back to camp. Below you will find a list of things you will want to pack for the backpacking portion of our adventure.

- 1 nylon "mummy style" sleeping bag with stuff sack: must be warm, lightweight and **packable** (4-5 pounds max, fit into stuff sack 10 x 20 max), 20 degree F rating.
- 1 pair hard-soled, ankle-high hiking boots. Break in your boots well before you arrive at camp.
- 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 cotton or 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
- Small non-aerosol bug spray
- Headlamp or small flashlight
- Small Bible, journal, pen, camera (packed in Ziploc bag)
- Toiletry items (use small travel containers and pack in Ziploc bag).
- Small towel or camping towel
- Tampons for women
- One outfit to leave at camp to change into after the trip.
- Six- 2 gallon Ziploc bags (to put clothes in to keep dry)

- Spending money- if you wish to buy a souvenir in our canteen or at the ranger station, or a snack for the ride home.