



## Women's Backpacking Venture Out

Dear Venture Out Participant:

We are excited that you have decided to join us on the Venture Out Women's backpacking trip this summer! Wilderness trips are a unique and exciting way to experience nature, engage with friends and recognize God. Backpacking is a great way to travel through the wilderness and you will soon learn to rely on our group and yourself in new ways. No previous canoeing experience is necessary, although you do need to be willing to paddle a canoe, spend the week outdoors and participate in the challenges and joys of wilderness camping.

As we prepare for our time 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, and cooking equipment will be provided. If you do not have a backpack of your own we can provide you with one. When you arrive at camp we will pack our backpacks and split up communal gear amongst our group. Your luggage, a clean outfit, and unnecessary items (including phones and electronics) will be stored safely at camp for the time we are on the river.

You can bring clean clothes to wear when you come out of the trail if you would prefer--Spending money as well since we usually have a lunch together when we get off the trail.

This list represents an ideal list. Don't go out and buy a pile of expensive equipment. You could borrow almost everything on this list from a friend or relative or get it at a used clothing store. If you can't find one or two items, find a reasonable substitute. It helps to pack in Ziploc bags to keep things accessible and dry.

### **Necessary Items**

- ✓ photocopy of front and back of health insurance card
- ✓ all medications
- ✓

### **Suggested Packing List**

- 1 nylon sleeping bag w/ stuff sack. Ideal bag must fit into stuff size of 10"x20", weight should not be more than 4-5 lbs. Ideal type is one with polarguard or qualofil filler. 20° rating recommended
- A light-medium weight hiking shoe(ankle high) would be great. Brand names such as Merrel, Nike, Montrail, or Hi-Tec in the \$55-85 price range should satisfy your needs.
- 1 pair sneakers or sandals to wear around campsite at night
- 2 T-shirts-1 more if you like to sleep in a clean one
- 2 pair of socks, good quality like Thor Lo, Thermax, or Smartwool
- warm long sleeved sweaters or fleece (polartec or wool)
- good but light RAIN COAT !
- 1 pair loose fitting pants – non-cotton preferred (remember denim does not dry easily)
- 1 warm wool hat or stocking cap
- underwear
- pair of shorts suitable for hiking
- 1 swim suit
- 1 pair of sunglasses

- 1 brimmed hat or visor
- 1 or 2 bandannas
- wind gear - pants/jacket (optional, but nice)
- 1 metal soup spoon and fork - (if you like to eat with both)
- 1 8 oz. cup (unbreakable) (camp has 8 oz metal cups)
- A small plastic bowl or plate for eating—(some people like to have both but one works just fine)
- 1 small flashlight-spare batteries
- Bible, books, little notepad, pen (make sure Bible & any other books for the trail are small and light and packed in plastic zip-loc bag)
- 1 set toilet articles (pack in 1 gal. freezer zip-loc bag)
- Water bottle—light weight
- small towel
- a small pillow or neck pillow—if that helps you.
- sun screen SPF 20+ and sunscreen lip balm
- mosquito repellent (squeeze bottle)
- Advil or Aleve for your aches and pains
- camera & film (optional)
- 6 - 2gal. freezer type zip-loc bags (to pack clothes in to keep them dry)
- Pack light and think layers!