

Base Camp Packing List

Your personal comfort and safety depend on your preparedness. Your clothing is your personal shelter, and your layering system is your personal thermostat. Wilderness participants should always ask themselves,

If the temperature becomes freezing, "How will I stay warm?"

If the weather is wet, "How will I stay dry?"

Before spending a lot of money at a gear store (Bill and Paul's, EMS, Apex Outdoors, REI, Mountain Gear, Sierra Trading Post, Campmor, Etc.), participants have the option to think creatively, borrow, utilize e-bay, and/or shop at thrift stores to keep costs low.

You will not need your phones on the trip, they will be collected by the trip leaders to encourage team growth and development.

Upper Body Layers

- 4 Short sleeve t-shirts
- 1 long sleeve dry fit
- 1 Synthetic fleece/insulating jacket
- 1 Rain jacket/shell
- Sports bra (women)
- Sun/baseball hat

Lower Body Layers

- Pants (2 pairs)
- Shorts (3 pairs)
- Underwear (4 pairs)
- Modest Swimsuit per Camp Ao-Wa-Kiya guidelines, feel free to bring another suit for while we're off camp
- Socks (4 pairs)

Footwear

- Closed-toe running, tennis, or approach shoes (that can get wet and dirty)
- Chaco-like sandals or CROCS

Sleeping Gear

- 40 degree sleeping bag OR sheets and blanket (fitted and top)
- Pillow

Other Items

- Med Card/Insurance Card/Driver's License
- Travel Outfit (clean and dry in Ziplock)
- \$30 Cash for road meals and activity

Miscellaneous Items

- Small backpack (20 liter) for personal items
- Hydration system (1-liter capacity; Nalgene's, or camel back)
- Lip protection/moisturizer (20spf)
- Sunscreen (at least 30 SPF)
- Sunglasses
- Prescription glasses or 1 set of extra contacts (if needed)
- Headlamp or small flashlight w/extra batteries
- Insect repellent (30% deet)
- Towel
- Toiletries: toothbrush, toothpaste, contact solution, comb, unscented deodorant, shampoo, tampons (women)
- Small/light Bible, pencil/pen
- Hand Sanitizer
- Whistle (Fox 40)

Optional Items

- Camera
- Fishing gear (must buy license)
- Knife or multi-tool
- Ear plugs
- Hammock

If you have any questions, please feel free to contact us at calvinwilderness@calvin.edu