

WILDERNESS TRIPS INFORMATION

WHAT TO KNOW BEFORE YOU PACK

Your personal comfort and safety depend on your preparedness. Wilderness travel and living is subject to challenging weather conditions and temperature changes. Your clothing is your personal shelter, and your layering system is your personal thermostat. Wilderness Trip participants should ask themselves, if the temperature becomes cold and windy, “How will I stay warm?” And if the weather is wet, “How will I stay dry?”

IMPORTANT: As a rule all layers/clothing should be “NON-COTTON” for all trips. (This excludes travel clothing and 1-2 cotton t-shirts.) Your expedition clothing should be made of synthetic, polyester, and/or nylon materials. These fabrics are lightweight, quick drying, and insulating—even when wet. If you have questions or want advice, please ask! We’d love to help you out.

GUIDELINES FOR GETTING GEAR

- » Michigan and Canadian summer weather typically means highs between 70° and 90° F and lows in between 30° and 50° F. Bring layers you can use to keep you comfortable despite the changes in weather.
- » You probably have a lot of what you need in your closet. And if you don’t, your family and friends might. See what you can borrow before buying.
- » Shopping second-hand stores saves money and resources. Remember: having clothing made of the right fabric is more important than buying a trendy brand.
- » If you decide to buy new, you don’t need need to get the most expensive brands. There are affordable brands that have great gear. Sierra Trading Post is a great place to start.

EXPLANATION OF DIFFERENT TYPES OF CLOTHING FABRICS

COTTON

AVOID COTTON. When cotton gets wet (even from sweat), it stays wet and will not keep you warm. This includes materials like corduroy, denim, and flannel.

WOOL

Wool doesn’t dry quickly, but it is odor resistant and will keep you warm even when it is wet.

SYNTHETICS

These are materials like nylon, polyester, and spandex that are used to make a lot of athletic-style clothing. Synthetic materials dry more quickly than cotton, and wick moisture away from your skin to help keep you warm.

FLEECE

Fleece dries more quickly than cotton and will keep you warm even when it’s wet.

CENTRAL MICHIGAN BASE CAMP ADVENTURE PACKING LIST

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

CLOTHING/FOOTWEAR

- 4 short-sleeve t-shirts
- 1 long-sleeve dry-fit
- 1 synthetic fleece/insulating jacket
- 1 rain jacket/shell
- Women: sports bra
- Sun/baseball hat
- 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)
- Closed-toe running, tennis, or approach shoes (that can get wet and dirty)
- Chaco-like sandals or Crocs

OTHER

- Med card/insurance card/driver's license
- 40-degree sleeping bag OR sheets and blanket (fitted and top)
- Pillow
- Travel clothes (clean and dry in Ziploc)
- \$30 cash for road meals and activities

MISCELLANEOUS

- Small backpack (20 liter) for personal items
- Hydration system: 1-liter capacity (Nalgene or Camelback)
- Lip protection/moisturizer with SPF
- Sunscreen (at least 30 SPF)
- Sunglasses
- Prescription glasses or 1 set of extra contacts
- Headlamp or small flashlight and extra batteries
- Insect repellent (30% DEET)
- Towel
- Toiletries: toothbrush, toothpaste, contact solution, comb, unscented deodorant, shampoo, etc.
- Small/lightweight Bible, pencil/pen
- Hand Sanitizer
- Whistle (Fox 40)

OPTIONAL ITEMS

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

QUESTIONS?

orientation@calvin.edu