

# Packing List

## *Crowsnest Lake Bible Camp: Multiple Day Youth Outtrips*

We have found that outtrips work best when everyone comes adequately prepared. Therefore, it is essential that you come with **all** items on the “Required Items” list, especially note proper footwear, waterproof raingear, warm outerwear, and an adequate sleeping bag. Mountain weather is unpredictable, and snow and rain are likely any time of year, which is why you must come fully prepared for multi-day outtrips and other outdoor oriented programs. The consequences of being unprepared in the wilderness are serious, and we are concerned for your wellbeing.

### Questions?

We would love to help you and support you in preparing you to have the best outdoor experience. If you have any questions about packing or the outtrip, contact our Director of Outdoor Programs.

Email: [outdoor@crowcamp.ca](mailto:outdoor@crowcamp.ca)

Office: [403-563-5120](tel:403-563-5120)

### Required Items Per Person:

- 1 pair of sturdy hiking boots
- 2 complete changes of hiking clothes total (one change of clothing that you are wearing when you arrive, and then one backup change of clothing for during the outtrip)
  - No denim – acceptable hiking clothing could include nylon, polyester, wool, or soft shell
- 1 separate change of clothing to wear while sleeping
- 1 pair of wool socks for each day on the outtrip plus 1 extra
- 1-2 heavy sweaters (wool or fleece is best)
- Waterproof or waterproof/breathable rain jacket (Gore-Tex or Hyvent or coated nylon works)
- 1 Sun hat or Buff
- 1 Winter hat or toque
- Flashlight or Headlamp with spare batteries
- \*Chow kit, or spoon and mug
- Water bottle or canteen with watertight lid (2 Litres worth) – Nalgene work great
- Bible, pen or pencil (a small Bible that you can pack in your pack will likely be best)
- Any medication needed on a regular basis
  - The Outtrip Directors will be responsible for carrying and dispensing the medication of all minors. However, participants will be expected to carry their inhalers or epi-pens.
- 4 garbage bags, at least 2 of which are big and heavy duty (to keep things dry).

### Required Items Camp Can Possibly Lend Out:

- Backpack, internal or external frame, we recommend a 50-80-litre backpack (camp has some but your own will be more comfortable)
- Sleeping mat (Inflatable thermarest style or closed cell foamy - be sure it is compact, you'll be sleeping on the ground on outtrips)
- Sleeping bag liner to keep you warmer and your sleeping bag clean
- Sleeping bag (warm enough to keep you warm down to 0°Celsius) as well as also light & compact enough to carry

## Optional items:

- Rain pants
- A pair of gloves or mitts
- Down Jacket (Warmer than wool layers)
- Knife
- Gaiters
- Daypack
- Sunglasses
- Camera
- \*Toothbrush, toothpaste, soap, sunscreen, chapstick, bug repellent, and hand sanitizer
  - Be sure these are all small travel size
  - Please don't bring additional personal hygiene items like shampoo, aftershave, lotion, deodorant, and the like as these add extra weight to the bearline and aren't necessary.
- Swimsuit (in case you encounter a nice lake)
- Trekking Poles or Hiking Stick
- A pair of shoes or sandals that can be worn in water or around the campsite when not hiking
- \*Extra food for specific dietary needs (these must be discussed with and approved by your outtrip director) – no peanut products please

*\* These items will need to go up the bearline, so please limit the total size and amount to a maximum of no more than 1 litre per person.*

## Do Not Bring:

Just as we have found that camp works best when everyone comes adequately prepared, there are some other things that make camp worse if you bring them! Therefore, we ask that campers be mindful and thoughtful in their packing. We have especially found that the below items are harmful or distracting from the type of community that we want to be.

Some of these items include: Personal electronic devices (iPods, mp3 players, cell phone), pets, tobacco products, alcohol, illegal drugs, peanut products, firearms, valuables, or anything else that you think would be harmful or distracting from the deep, integrated, life-giving community that we strive to be.

## Packing A Pack

- Pack everything that should stay dry in waterproof plastic bags inside your pack. For example, your sleeping bag should go inside a garbage bag inside a stuff sack. Backpacks are not waterproof! Your stuff needs to stay dry even if it is pouring rain or your pack falls into a puddle or a stream.
- Pack heavy items close to your back.
- Pack items that you may need quickly at the top of your pack or in an outside pocket: especially your water bottle and your raingear.
- Pack everything inside your pack, or strapped securely to your pack. Try not to have items hanging loosely on the outside of your pack.
- Do up all the straps and buckles and tighten them. The purpose of all those straps and buckles is to control the load; it's not so you can dangle more things from the outside of your pack.
- The hip belt is the most important part of your pack. When you have the pack on your back, you should feel that most of the weight is on your hips and not on your shoulders.
- Remember to save room in your pack for group gear such as food and shelter.