

GROVE RED RIVER GORGE BACKPACKING TRIP

PACKING LIST

WHAT TO BRING: (Remember, less weight is usually better)

- Clearly labeled medications, if bringing medications. Unless absolutely necessary, **please do not bring non-prescription items.**
- Signed Health Form provided by your church.
- Signed Informed Consent Form provided by College Park Church
- Bible (small)
- Small notepad, pen and/or pencil
- Flashlight or headlamp (check batteries)
- Personal items that you know you will need.
- Hat (baseball and/or stocking)
- Small towel or washcloth
- 1 pair of hiking boots (lightweight & broken in) or trail shoes. Running shoes will work too.
- A second pair of shoes to be kept dry, worn in campsite (sandals or tennis shoes)
- 1-2 pairs of long pants (hikers). Blue jeans are not recommended, but may be the second pair (see note to the left)
- 1 pair of shorts (prefer quickly drying shorts)
- Underwear (2)
- Socks (2-4 pairs)
- 2 T-shirts (prefer quickly drying shirts)
- Fleece Sweatshirt or something comparable for warmth
- Rain gear, top and bottom (top is most important). Assume it will rain during the trip
- Unbreakable drinking mug or cup
- Unbreakable plate and eating utensils (mug can be used for plate too)
- Small folding knife with locking blade
- Extra set of clothes for the last night at the campground. This can be packed in a duffle bag or school backpack

OPTIONAL ITEMS:

- Sunglasses
- Insect Repellent
- **Small** folding knife with locking blade.
- Camera
- Sunscreen

KEEP IN MIND: Everything you need will be carried in your backpack. In addition to your personal gear, you will be expected to carry some of the food, and some of the camping equipment that you and the group will need.

College Park Church Provides: Tents, sleeping bags, sleeping pads, cooking equipment, food, camping supplies, new water bottle (you get to keep it), water filter equipment, repelling equipment, and First Aid Kit.

Note About Cotton Clothing (like jeans and t-shirts)

There's a common saying in the hiking community that "cotton kills." The reason why has to do with moisture management in cold and cool conditions. In fact, there is absolutely nothing wrong with wearing cotton when you can stay dry and warm. The problem is, it is much harder to stay dry and warm when hiking than most people think.

Problems with cotton occur when the cotton gets wet. Cotton does not wick moisture and can become abrasive when wet. When this happens you must watch out for blisters and pack sores. Because cotton holds so much moisture, it can hold that moisture against your body and sap body heat from you. This can quickly lead to hypothermia. Cotton also gets heavy when wet. If you wear cotton while hiking, you generally need to carry more "emergency" clothing in case your cotton does get wet (sweat, rain, or falling in while fording a river will all get you wet).

Under Armour and other wicking clothing are good choices. So, if you choose to wear natural fibers, think ahead and be prepared for situations when you get an unintentional soaking. Remember hypothermia can set in at temperatures well above freezing.

