

# Wilderness: Backpacking PACKING LIST

It is in your best interest to read through this packet of information thoroughly, making notes and/or lists as you go. While you don't need to be a seasoned wilderness explorer or have all the newest gear, you do need to be prepared.

This list and the explanations within it will ensure that you are comfortable and safe on your trip.

Questions: Contact us at 715.479.7474 ext 203 or [passage@wheaton.edu](mailto:passage@wheaton.edu)

## GUIDELINES FOR GETTING GEAR

- If you have questions or want advice, please ask! We'd love to help you out.
- You probably have a lot of what you need sitting in your closet right now. And if you don't, your family and friends might, so **see what you can borrow before you start buying stuff.**
- Wisconsin summer weather typically means highs between 70° and 90° Fahrenheit and lows in between 40° and 50° Fahrenheit. Bring layers you can use to keep you comfortable despite the changes in weather.

## WHAT HONEYROCK PROVIDES

All Group Gear, Plus Some Extras

- Tents/Tarps/Ground Tarps/etc.
- Stoves/Water Filters/Water Purification
- Sleeping Pads (Foam)
- Backpacks/Dry Bags
- Cookware/Eating Gear/Nalgene's
- First Aid Supplies/Repair Kits/etc.

*Note: If you have any of the above items you are welcome to pack them. If you choose to do so, our trained trip leaders will check to make sure they are suitable for the trip before packing out.*

## An Explanation of the 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.

### 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 also dries more quickly than cotton, and will keep you warm even when it's wet.

### WOOL

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

## IMPORTANT NOTICE

Wilderness Track includes 2 phases. Phase 1 is your wilderness trip. Phase 2 occurs at HoneyRock with all the other tracks. When you check in, you will pack your trip gear in waterproof bags and the rest of your gear will travel to HoneyRock for when you return from your trip.

**We recommend that you pack two bags:** a Phase 1 bag and a Phase 2 bag. See following pages for instruction.

# 9 Day Backpacking Trip

## PHASE I

### CLOTHING

#### UPPER BODY

- Base Layer
  - synthetic, non-cotton long underwear top that will help keep you warm, especially at night.
- T-shirts (1-2) – synthetic or wool
- Long-Sleeve Shirt (2)
  - wool/fleece/synthetic (non-cotton).
  - Added layer of warmth
  - Also used to keep bugs away
- Ladies: sports bras made out of a moisture wicking material are recommended.

#### LOWER BODY

- Athletic Shorts (1-2 pairs)
- Hiking Pants
  - Synthetic, non-cotton, lightweight and quick drying.
  - The “zip-off” kind can be converted to shorts, which is really useful. Lightweight athletic-style pants work fine too.
- Base Layer
  - Synthetic, non-cotton long underwear bottoms that will help keep you warm, especially at night.
- Underwear (3-5 pairs)

#### FOOTWEAR

- Water Shoes
  - Sturdy w/ secure back strap
  - Yes: Chacos, Keens, Teva
  - No: Flipflops, Crocs
- Hiking Boots/Shoes
  - Midrise, breathable boot
  - Sturdy – can withstand 5-10 hiking miles per day with 40-50 lb pack
  - Multi-Terrain: may include mud, rocks, hills etc.
  - Break them in! To avoid blisters, you will want to wear them before the trip.
- Socks (5-6 pairs)
  - MUST be wool or synthetic - NOT COTTON
  - 3-4 for hiking
  - 1-2 for sleeping (thicker/cozier)

#### HANDS AND HEAD

- Lightweight Winter Hat
- Gloves
  - Wear around the campsite or to bed on chillier nights.
  - Thin/thick depends on your preference

#### OUTERWEAR

- Rain Jacket
  - Waterproof (not water resistant)
  - Lightweight
  - Breathable
- Lightweight Fleece Jacket OR Lightweight Down Jacket
  - Your primary “keep warm” layer.
  - Fleece is great because it keeps you warm even if it gets wet.
  - Down is very packable but if it gets wet, it will no longer keep you warm.
- Swimsuit
  - Women: one piece
  - Men: shorts style

#### OPTIONAL CLOTHING ITEMS

You don't need it, but it can be useful if you have it lying around and want to bring it.

- Fleece Pants:
  - If you tend to get cold, these can be very helpful for staying warm.
- Rain Pants:
  - Very useful when it's cold and rainy, or when it rains A LOT.
  - If you have nylon hiking pants, usually those dry quickly enough that they're suitable for wearing in most rainy situations.
- Baseball Cap or Hat w/ Brim

### GEAR

#### PERSONAL

- Bible
  - Must be small – think pocket sized
  - Worth buying a small bible specifically for this trip
  - Should include both the Old and New Testament
- Journal/Pen
  - Again, small/packable.
- Embracing the Love of God
- Sunglasses
- Extra batteries:
  - Whatever your camera and/or headlamp takes.
- Bug Spray:
  - NON-AEROSOL.
  - Recommended Off Deep Woods Sportsmen II, Cutter Backwoods Unscented, Off Family Care Smooth & Dry, 3M Ultrathon Insect Repellent, or Repel Sportsman Max.
- Travel Size Sunscreen
  - REQUIRED
  - SPF 30 or above
  - Purchase a 3 oz travel size container if can't find travel size sunscreen
- Headlamp w/ Extra Batteries
- 3-4 Gallon-Sized Ziploc Bags
  - This is the best waterproofing method out there.
  - These will be used for keeping your stuff dry and organized.
- Money: \$25 for breakfast/lunch stops en route
  - You'll be stopping for a meal on the way back to HoneyRock from your trip.

#### BEDDING

- Sleeping Bag
  - Pack down to 9"x20"
  - Be rated for at least 30 degrees Fahrenheit / 20 if you get cold easily

*You can purchase a Marmot Trestles 30 sleeping bag for \$79 from HoneyRock during the registration process.*

#### TOILETRIES

- Travel toothbrush and paste
- Baby wipes
  - For both men and women, they're great to use as a “mini shower” and general hygiene. Bring 1-2 wipes for each day of your trip.
- Chap Stick
- Ladies: Tampons/Panty Liners
  - Bring these even if you don't think you're going to need them—the trip environment can sometimes cause an unpredictable cycle. You should also make sure to bring some panty liners to help with personal hygiene.

#### OPTIONAL GEAR ITEMS

*All this stuff is optional—you don't need it, but it can be useful.*

- Stuff Sacks
  - To keep your stuff organized on trip.
- Carabineers
  - Not rock-climbing rated; just clipping-things together ones. Worth the weight of 1-2 – they always seem to come in handy!
- Nalgene-Style Water Bottle
  - HoneyRock has these for you to use on trips but some people prefer their own and they'll be useful for the rest of your time at HoneyRock.
- Multi-Tool with Pliers/Knife
  - Nothing fancy, just something that you can use to slice cheese and perform other miscellaneous chores.
- Vaseline
  - Get a little travel-sized jar to carry with you. Great for chapped lips, chafing, and blisters.
- Buff/Bandana
  - Useful for all kinds of things!
- Crazy Creek or Camp Chair
  - This is a total luxury item. But it can be nice around the fire at night!

# 5 Days at HoneyRock

## PHASE 2

### CLOTHING

Think layered and comfortable clothes you can move around in. You'll be doing a lot of things outside: canoeing, short hikes, team-building activities, etc...

Oftentimes, Wisconsin weather will have you wearing a sweatshirt in the morning/evenings and a t-shirt in the afternoon. **Laundry will not be available but it's normal to wear clothes multiple times!**

#### CLOTHING

- 1 winter hat/headband for cold nights
- 1 long sleeve cotton or synthetic shirt
- 1 sweatshirt or fleece
- 1 durable lightweight rain jacket
  - We recommend water proof (not resistant)
- 2 pairs of pants or jeans
- 2 pairs of work pants that can get wet and dirty
- 2 pairs of athletic shorts
- 1 swim suit
  - Women: 1-piece or 2-piece that covers like a 1 piece for women
  - Men: shorts-style
- 5 t-shirts
- 2 t-shirts that can get dirty
- 1 outfit for Sunday church at HoneyRock (jeans/shorts/skirts etc. are all acceptable)
- Underwear and socks

#### FOOTWEAR

- 1 pair of hiking boots/ sturdy sneakers for activities and service day
- 1 pair of **old** sneakers that can get dirty for adventure challenge activities

### GEAR

#### PERSONAL CARE

- Pajamas
- Personal toiletry items: toothbrush, toothpaste, deodorant, soap, shampoo, tampons, etc...
- Sunscreen & Bugspray
- Bath towel

#### BEDDING

Students will sleep in log cabins with skylights and mesh windows – the temperature outside is the temperature inside!

- Sleeping Bag or sheets/blanket
  - Keep you warm in 30°F
  - Easily packable
  - *Sleeping bags are available for purchase during registration.*
- Pillow

#### OTHER

- Beach towel
- 1 pair of durable work gloves for service day
- 1 flashlight or head lamp
- 1 water bottle
- Journal or notebook, pens/pencils
- Bible (Old & New Testament)
- Required Texts: Embracing the Love of God, Wheaton Passage Workbook
- \$40-50 for use at the camp store and for a meal stop on bus route to HoneyRock

#### OPTIONAL

- Fitted sheet – a fitted sheet is nice to have on the mattress below one's sleeping bag
- Rain Pants
- Sandals (eg. Chacos, Tevas, Keen)
- Shower shoes (flip flops)

