



# 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 630.752.5124 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.**
- Shopping second hand stores helps save money and resources. Remember that having clothing made of the right fabric is more important than buying a trendy brand. If you're having trouble getting the right equipment for any reason, please email: [passage@wheaton.edu](mailto:passage@wheaton.edu).
- Minnesota summer weather typically means highs between 70° and 90° Fahrenheit and lows in between 30° and 50° Fahrenheit. Bring layers you can use to keep you comfortable despite the changes in weather.

## WHAT HONEYROCK PROVIDES

**You are not responsible to purchase the below items. These items will be provided to you by Passage. Any personal items you bring are subject to the approval of HoneyRock staff.**

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/Durable Waterbottles
- 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 Wolf Ridge Environmental Center with full amenities. When you check in, you will pack your trip gear in Passage-provided packs and other gear will travel to Wolf Ridge when your wilderness phase is complete.

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

# 6 Day Backpacking Trip

## PHASE 1

### CLOTHING

*Note: Variable weather, trail and water conditions can require clothing not ordinarily needed in August. It is better to be safe and pack thermal layers and dry wear in case these conditions occur. You will not have access to additional supplies once we depart into the wilderness.*

#### UPPER BODY

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

#### LOWER BODY

- Athletic Shorts (1–2 pairs)
- Hiking Pants
  - Synthetic, non-cotton, lightweight and quick drying. Athletic-style is fine.
  - “Zip-off” convertible shorts are really useful
  - Leggings or windpants work well
- Base Layer
  - Synthetic, non-cotton long underwear bottoms to keep you warm at night.
- Underwear (3–5 pairs)

#### FOOTWEAR

- Camp Shoes
  - Sturdy w/secure back strap
  - Chacos, Keens, Tevas, Crocs, etc.
  - No Flip Flops
- Hiking Boots/Shoes
  - Midrise, breathable boot or shoe.
  - 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 (3–5 pairs)
  - MUST be wool or synthetic - NOT COTTON
  - 3–4 for hiking
  - 1 for sleeping (thicker)

#### HANDS AND HEAD

- Lightweight winter hat
- Gloves for chilly mornings and evenings around the campsite

#### OUTERWEAR

- Rain Jacket
  - Lightweight, breathable and waterproof (**not water resistant**)
- Lightweight fleece, synthetic, or down jacket
  - Your primary “keep warm” layer.
  - Fleece keeps you warm even if it gets wet.
  - Down is packable but when wet, will no longer keep you warm.
- 1 Modest Swimsuit

#### OPTIONAL CLOTHING ITEMS

*Not needed. Pack if you own or could borrow.*

- Fleece Pants
  - For added warmth.
- Rain Pants
  - Protection from cold and heavy rain.
  - Nylon pants dry quickly and are suitable for most conditions.
- Baseball Cap or Hat w/ Brim

### GEAR

#### PERSONAL

- Bible
  - Pocket-sized
  - Worth buying a small bible specifically for this trip
  - Old and New Testament
- Journal/Pen
  - Again, small/packable.
- Embracing the Love of God*
- Sunglasses
- Bug Spray:
  - NON-AEROSOL.
  - Note: 30% Deet Bugspray is maximum strength - avoid 100% Deet for health reasons.
  - HoneyRock makes head covering bug nets available.
  - Lighter colored clothing attracts less bugs.
- Sunscreen is required
  - SPF 30 or above
  - Travel size: Purchase a 3 oz container separately if needed
- Headlamp w/ extra batteries
- 2 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 incidentals
- If you need any special food or want any additional snacks they must fit in a 1 quart Ziploc bag.

#### BEDDING

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

#### TOILETRIES

- Travel toothbrush and paste
- Baby wipes
  - Great to use as a “mini shower” and general hygiene. Bring 1–2 wipes per day on trip.
- Chapstick
- Women: Tampons/panty liners
  - Trip environments can cause an unpredictable cycle. You can also bring panty liners to help with personal hygiene.
- Personal products to avoid chafing like Vaseline, Gold Bond, etc.

#### OPTIONAL GEAR ITEMS

*Not needed, but useful*

- Stuff Sacks
  - To keep your stuff organized on trip.
- Carabiners
  - Not rock-climbing rated; for organizing, hanging, and clipping things together or to your pack.
- Lightweight Durable Water Bottle
  - Used Nalgens are available. Personal are recommend.
- Buff/Bandana
- Crazy Creek or Compact Camp Chair
  - This is a total luxury item! Please make sure this weighs less than 3 pounds.
- Inflatable or self-inflating sleeping pad designed for backpacking.

# 3 Days at Wolf Ridge

## 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. Minnesota weather can be 80°F during the day and down to 30°F in the evenings. You might wear 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, waterproof rain jacket (not water resistant)
- 1 pair of pants or jeans
- 1 pair of work pants that can get wet and dirty
- 2 pairs of athletic shorts
- 1 modest swimsuit
- 2-3 t-shirts
- 2 t-shirts that can get dirty
- Underwear and socks

### FOOTWEAR

- 1 pair of hiking boots/ sturdy sneakers for activities and work 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
- Shower shoes (flip flops)

### BEDDING

- Sleeping Bag
- Pillow

### OTHER

- 1 pair of durable work gloves for service opportunities
- 1 flashlight or head lamp
- 1 water bottle
- Journal or notebook, pens/pencils
- Bible (Old & New Testament)
- Required Texts: *Embracing the Love of God* and **2023** Wheaton Passage Workbook
- \$40-50 for any extra purchases.

### OPTIONAL

- Fitted sheet – a fitted sheet is nice to have on the mattress below your sleeping bag
- Rain Pants
- Sandals (eg. Chacos, Tevas, Keens, Crocs)
- Watch
- Alarm clock

