



# Wilderness: Rock Climbing **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 and Apps 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).
- Wisconsin summer weather typically means highs between 70° and 90° and lows in between 40° and 60° 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 Waterbottle
- First Aid Supplies/Repair Kits/etc.
- UIAA Rated Climbing Helmet and Padded Harness
- Climbing Shoes
- Athletic Tape
- Ropes and Rock Protection

*Note: If you have any of the above items you are welcome to pack them except for climbing equipment, only personal climbing shoes can be approved. 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 Passage include 2 phases. Phase 1 is your wilderness trip. Phase 2 occurs at The HoneyRock Center for Leadership Development with full amenities. When you check in, you will pack your trip gear in Passage-provided packs and the other gear will travel to HoneyRock 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 Rock Climbing Trip

## PHASE 1

*Note: Variable weather 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 on trips.*

### UPPER BODY

- T-shirts (2) – synthetic or wool
- Long-Sleeve Sun Shirt (1)
  - Synthetic (non-cotton)
  - Also used to keep bugs away
  - Sun protection
- Women: Moisture wicking material is recommended for sports bras

### LOWER BODY

- Athletic Shorts (1-2 pairs)
- Climbing Pants (1-2 pairs)
  - Synthetic, non-cotton, light-weight and quick drying. Athletic-style is fine. Some stretch in fabric is useful.
  - Leggings or windpants work well
- Underwear (3-5 pairs)

### FOOTWEAR

- Camp Shoes
  - Sturdy shoes or sandals w/ secure back strap
  - No Flip Flops
- Mid-weight hiking boots, trail runners, or approach shoes
  - Multi-Terrain: may include mud, rocks, hills etc.
  - Break them in! To avoid blisters, you will want to wear them before the trip.
  - Close Toed Shoes are required at the Rock Wall.

### OUTERWEAR

- Rain Jacket (Required)
  - Lightweight, breathable and waterproof (**not water resistant**)
- Lightweight fleece, synthetic, or down jacket
  - Your primary “keep warm” layer.
- Modest Swimsuit
- Rain Pants

### OPTIONAL CLOTHING ITEMS

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

- Fleece Pants
  - For added warmth
- Baseball Cap or Hat w/ Brim
- Sunglasses

### PERSONAL

- Socks (3-5 pairs)
  - Wool or synthetic
  - 3-4 for hiking
  - 1 for sleeping (thicker)
- Bug Spray:
  - NON-AEROSOL.
  - Note: 30% Deet Bug spray is maximum strength - avoid 100% Deet for health reasons
  - 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
  - These will be used for keeping some items dry.
- Money: \$50 for incidentals
- If you need any special food or want any additional snacks they must fit in a 1 quart Ziploc bag.

- Required Text: **2026 Passage Course Reader** (Completing the reading before your arrival on campus will create more time in your Passage schedule.)
- 1 printed photo of family or people who are close to you
- 1 Transitional Object: A pocket-size item that describes something that has been important to you and/or represents a piece of your story for sharing in a small group discussion.

### BEDDING

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

### PERSONAL CARE

Students will have access to shower blocks a short walk away from their housing.

- Small carry-on size toiletry items: toothbrush, toothpaste, deodorant, soap, shampoo, etc.
- Bath towel
- Shower shoes (fip fops)
- Chapstick
- Women: Feminine Hygiene Products
  - 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

- Your personal Climbing Shoes
- Athletic Tape
- Stuff Sacks
  - To keep your stuff organized on trip.
- Carabiners
  - Not rock-climbing rated; for organizing, hanging, and drying.
- Lightweight Durable Water Bottle
  - Used Nalgene bottles are available
- 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 HoneyRock

## PHASE 2

When arriving to HoneyRock following your wilderness trip, think about packing fresh, additional clothing items you'll want in a residential camp environment at HoneyRock. Weather at HoneyRock can be 85°F during the day and down to 40°F in the evenings. Laundry will not be available but it's normal to wear clothes multiple times! You might wear a sweatshirt in the morning/evening and a t-shirt in the afternoon. You are encouraged to pack luggage in a small backpack, single duffel, or carry-on-sized suitcase. Please consider what you have already packed for trip that you can continue to wear at HoneyRock to save space.

### CLOTHING

- 1 sweatshirt or fleece from your wilderness trip
- 1 pair of pants or jeans
- 1 pair of athletic shorts
- 1 modest swimsuit
- 2–3 t-shirts
- Underwear and socks
- Pajamas

### FOOTWEAR

- 1 pair of **old** sneakers that can get dirty for work and play
  - Note: Many students wear their shoes from their trips.

### BEDDING

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

- Small packable pillow

### OTHER

- Watch with Alarm
- \$20 for any extra purchases
- Hammock. Note: Hammocks are permitted at HoneyRock only and not on trip

### DO NOT BRING

- Phone or other technology device. Please leave your devices in your Wheaton College Residence Hall.

If you are needing medical accommodation that requires technology, please reach out to Wheaton's Learning & Accessibility Services Office at [las@wheaton.edu](mailto:las@wheaton.edu).

In case of emergency, students should notify a member of staff. Parents can call 630-752-5368 to connect with their students should an emergency arise at home. Students should leave their devices in their residence hall for safekeeping before departing for their Passage site.