

Camp Augusta Wilderness-Horse Pack Trip Preparation and Packing List 2018

Greetings Parents and Campers!

We are excited to have you join us this summer for an amazing Camp Augusta Wilderness Trip! Here at Augusta we are working hard to develop a high-quality backpacking experience that maximizes safety and fun (and learning too!). There is a lot of preparation that goes into successful trips. One very important aspect of safety and enjoyment of a backcountry experience is proper clothing and equipment. **Camp Augusta will provide the majority of equipment and we are asking campers to arrive with proper clothing and footwear.**

Why is proper clothing so important?

Example #1: In the event of cold and rainy weather, it would be extremely uncomfortable (possibly unsafe) for a camper to have *only* cotton clothing, rather than mostly synthetic clothing. Cotton absorbs water (and sweat) VERY well, even when wearing proper rain gear. This is described in further detail at the end of this document. However since this is the Horse Trip, jeans of course are appropriate. We do ask that at least one pair of synthetic material pants is brought.

It is essential that each camper has all the gear listed on the following pages. We recognize that some items listed may need to be bought specifically for this trip, and we have made great effort to keep this list at a bare minimum **while still ensuring safety and comfort.** Since campers will leave the trip with the necessary skills and experience to safely backpack with friends and family, we invite you to view this cost as an investment. Please let us know if you need clarification on any item on the list or if you feel the costs of these items are outside your family's budget (we're confident we can help you and find a way to make it work!). We keep many pieces of clothing and extra gear on hand so we may be able to supplement you if you are not yet ready to buy.

It is necessary for parents/guardians to go through the packing list item-by-item with their campers as soon as possible as this will allow time to find good deals on any necessary gear or ask for help from your friendly backpacking experts at Camp Augusta. We want to help everyone have adequate gear while staying within their budget and we can offer tips for finding cost effective pieces of gear if needed.

Outdoor clothing 101: a lesson in function, weight, and compressibility

If you would like more info on how to choose the right clothes, visit:

<http://www.rei.com/expertadvice/articles/dress+layers.html>

Supplemental Clothing: We will be at camp for Sunday afternoon and Friday afternoon after our trip and Saturday morning before you leave camp; therefore, additional clothes will need to be packed for those times. It is helpful for campers to also have a towel and some type of shampoo and/or soap so that they can clean up before heading home. Some trips may have different schedules, if you are unsure, please contact Camp Augusta at Office@campaugusta.org or by calling (530) 265-3702 and we will be happy to help!

What each camper needs to bring from home

| Equipment | Quantity | Comments | Checklist |
|---|----------|--|-----------|
| Upper Body | | | |
| T-shirts | 2-3 | Synthetic or wool is required | |
| Long underwear top (Base Layer) | 1 | Synthetic or wool is required | |
| Warm jacket or sweatshirt (Mid Layer) | 1 | Synthetic required (not bulky or heavy) | |
| Bras (girls) | 1-2 | Sport Bras recommended | |
| Warm hat | 1 | Wool or synthetic is required | |
| Sun hat | 1 | Wide-brim style or baseball ok. Used to protect ears and face from the sun. See note below about hat. | |
| Rain Jacket (highly recommended) | 1 | There is always a chance of rain and it is important to keep dry! Camp does provide vinyl plastic ponchos for campers. | |
| Lower body | | | |
| Underwear | 4 | Synthetic recommended as cotton tends to chafe | |
| Long underwear bottoms (Base Layer) | 1 | Synthetic or wool is required | |
| Pants | 1 | Usually Synthetic outdoor/hiking pants are required. See additional note below for the horse trip. | |
| Shorts | 2 | Synthetic material is required | |
| Swimsuit | 1 | 1-piece recommended for girls, could be substituted for a pair of shorts | |

Footwear and socks

| Equipment | Quantity | Comments | Checklist |
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| Hiking/Riding boots/ shoes | 1 | Important: properly fitted and broken in! (Additional specific information below) While they don't have to be hiking we will be walking around camp taking care of various chores and activities so they need to be comfortable | |
| Liner socks | 2 pairs | While hiking we will wear one pair of liners and one pair of hiking socks (liners are not required, but some people find them comfortable) | |
| Hiking socks | 3 pairs | Wool or synthetic required | |
| Sandals or water shoes or tennis shoes | 1 | Recommend having something lightweight to wear on your feet after being in boots and riding all day | |
| Miscellaneous | | | |
| Sunglasses (optional) | 1 | Expensive glasses not recommended; cases can help protect them from breaking. Thrift stores are great for cheap sunglasses. | |
| Glasses or Contacts | 2 | If necessary bring enough for trip and a spare set. | |
| Bandana | 1-2 | Many uses, be sure to have at least one! | |
| Flashlight | 1 | Small headlamp recommended | |
| Toothbrush/toothpaste | 1 | Small, travel size | |
| Hairbrush/comb | 1 | optional | |
| Water bottles | 2 | 800 mL-1.5 L each, durable with no leaks | |
| Lip Balm | 1 | Can be uncomfortable to be without, great if includes sun protection at least SPF 15 | |
| Personal medications, vitamins, supplements | If applicable | Medication dispensing will be handled by trained staff members for the duration of the session | |
| Camera (optional) | 1 | Disposable/small inexpensive recommended-we will also provide a camera for the group | |

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| Gloves or Mittens | 1 | Wool or Synthetic (fleece)-If think they will be needed | |
| Pad and Pencil | 1 | Can be handy to record experiences or journal. | |
| Anything else you think necessary | | We can help you decide what is necessary when we are loading backpacks at camp | |
| Watch (optional) | 1 | Totally up to you | |
| Gear That Camp Will Supply (You are welcome to bring your own if you like. No need to buy any of this!) *If you are bringing your own check comments box for specifications* | | | |
| Sleeping Bag | 1 | Rated for 20 degrees or lower, synthetic, tightly packed in small stuff sack | |
| Sleeping Pad | 1 | Foam pad used for padding and insulation between sleeping bag and ground. | |
| Sleeping Bag Liner | 1 | Synthetic fitted sleeping bag sheet to provide additional comfort and keep sleeping bag clean. | |
| Ground Cloth | 1 | A waterproof nylon sheet to go between your sleeping pad and the ground. | |
| Plastic Trash Bags | 1-2 | Heavy-duty trash compactor bags used to waterproof pack contents | |

Camp will be supplying all other gear necessary for cooking, eating, first aid, making a shelter, and water treatment.

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|---|-------------------|--------------------------------|-------------------|
| Group Equipment | | | |
| Camp will be supplying all other gear necessary for cooking, eating, first aid, making a shelter, and water treatment. | | | |
| Tarp Shelters | First Aid Kit | Reference Books | Trekking Poles |
| Camp Stoves | Fishing Equipment | Equipment Repair Kits | Trowel |
| Fuel Bottles | Maps & Compass | Bear Resistant Food Containers | Restroom Supplies |
| Bug Spray | Water Purifiers | Waterproof Camera for group | Ground Tarps |
| Sunscreen | Satellite Phone | SPOT-GPS Tracking Device | Cooking Gear |

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| Personal eating gear-Spoon and Bowl | |
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We request you mark your gear with your initials, especially socks. We are working hard to reduce the enormous pile of lost and found each season (so large it has gravitational pull!).

Other outfitting notes from our wrangler!!!

- A suggested baseball style as opposed to a wide brimmed hat so that it could readily fit underneath the riding helmet. The helmet will be provided by Terry, our wrangler.
- A poncho will be provided by Camp Augusta if necessary, but with the weather a windbreaker or light duty rain jacket could be nice as well. Rain is very doubtful.
- Jeans are allowed to be brought on the trip, as are synthetic pants. It would really be a matter of comfort more than anything else. At least 2 pairs of pants would be preferable.
- A small travel pillow can be brought or spare clothes can be used in conjunction with a stuff that Camp Augusta will provide. The stuff sacks for all of our sleeping bags include a fleece inside for convenient pillow transformation.
- Camp Augusta will provide a lightweight compactable 20 degree rated sleeping bag with a microfiber liner. If you would like to use one of the Augusta sleeping bags. It would be helpful, but not necessary, to know ahead of time so we can prepare the gear for a speedy departure from camp.
- A pair of light leather gloves can be an added source of comfort for long days holding the reins. Something as simple as a pair of garden gloves are perfect.
- In addition to your synthetic shirt/shirts it can be nice to have a cotton long sleeve to keep the sun off. I usually pick mine up at GoodWill for a few dollars.

Important! Below are the most important items for your safety and comfort!

Boots

Boots for our horse packing trip need to meet different requirements than our usual hiking trips. We usually require worn in hiking boots as described below. It is also acceptable to bring riding or 'cowboy' style boots. The caveat to this is that you must be comfortable walking in them at least 2 hours a day. This would not happen at the same time, but we do wear shoes for camp chores, cooking, embers and wake up activities and more.

Hiking Boot Info

Acceptable-- "hiking" boots: these boots are designed for day trips or short backpacking trips when there is a light pack being worn. These cost between \$95-\$180 Examples in no particular order are Merrell Moab mid, Merrell Redlands mid, Merrell Outland mid, Vasque Wasatch GTX, Lowa Bora GTX, and Garmont Flash XCR

Recommended -- "**backpacking**" boots: this is the ideal style of boot for the backpacking wilderness trips. These offer greater ankle support; they are designed for carrying a heavier pack on extended trips and provide the greatest support. Examples in no particular order: Asolo power matic series, Lowa Tahoe GTX, Garmont Dakota, La Sportiva thunder GTX, Montrail blue ridge, and Raichle Mt. Peak.

The examples list is not exhaustive and is to be used for suggestions only. It is acceptable to wear a pair of boots not listed above so long as they are good quality and provide significant ankle support.

If you don't already have boots we recommend being fitted at a reputable outdoor equipment store (REI is great). **If you buy a new pair of boots for the trip you need to wear them for two full days before arriving at camp**-the more they are worn before hiking in them the less likely they will create blisters.

Personal Electronics

Please, no electronics other than a camera and watch (both optional). Please keep in mind we take no responsibility for lost or damaged items, so we recommend you don't pack anything of great value. Below is our explanation of our "What not to Bring" list from our website.

Achieving the social objectives we set forth for our campers requires the creation of a particular camp and social community. Things such as MP3 players, games, cell phones, and many common magazines work directly against these objectives, and hamper the experience and social growth of all of our campers. Taking the time to sit down with your camper and go through their gear a day or so prior to camp can give you the opportunity to discuss how they are feeling about their time away from home, address any anxieties or questions they may be having, and gain a good idea of exactly what they are bringing to camp (you'd be surprised at some of the things that show up).

http://campaugusta.org/wp-content/uploads/2016/03/Packing_List.pdf

What do you mean by 'synthetic' clothing?

As mentioned earlier, having *only* cotton clothing can not only become very uncomfortable but also very unsafe. Cotton absorbs water, be it sweat or rain, very well and takes a long time to dry. While drying it does not insulate and contributes to chafing which makes for a very uncomfortable hike on a windy, cold morning. Examples or recommended synthetic materials include fleece (for a warm layer or jacket), polyester/polypropylene (long underwear tops and bottoms), and nylon (great for pants). Merino wool functions similar to synthetic clothing with the added benefit of being the best at resisting odor and is great for use in the outdoors; however, it is usually expensive.

Please do not hesitate to contact us with questions or concerns; we can be reached at WildernessTrips@campaugusta.org or (530) 265-3702