

Level 4 Backpacking EQUIPMENT LIST

The following list of equipment is divided into mandatory, recommended, and optional items. Most equipment can be borrowed from others. Asking friends, neighbors and co-workers is also helpful. As a last resort, equipment can be rented from REI, Sports Chalet, or Sports Basement. In regards to clothing, think synthetic. Cotton is generally bad (heavy and stays wet the entire trip). Think light-weight, good utility, and low cost. This list does not include what you wear to the church on Tuesday morning so pack accordingly.

Remember that you will also be carrying 2+ pounds of food and group equipment per person times the number of days on the trip. Mark your gear with your name and pack your backpack with the goal of balancing the load and keeping the center of gravity as near your upper back as possible while on the trip. Remember, you should be wearing your gear/shoes intended for this trip during some portion of each day prior to hitting the trail. **This should happen now! Do not wait until a few days before departure to acquire hiking shoes.** Wearing time should be increased in the week prior to departure. Use the same type of socks scheduled for use on the trip to determine if you develop “hot” spots, which could turn into blisters. Your equipment and preparation will determine the experience you have on this trip.

MANDATORY

- Internal or External Frame Backpacking Type Backpack – LARGE in capacity & MUST FIT! It should have a padded waist belt so that the weight of the pack can be carried by the hips. In general, a pack fits when the waist belt lines-up with the belly-button and the shoulder straps are loose or lightly weighted.
- Lightweight Mummy Type Sleeping Bag – 0 to 30 degree bag in stuff sack.
- Broken-in running shoes **with tread** or hiking boots/runners (only wear boots if they are broken in!)
- Lightweight two-man tent to share (have a tent buddy you have determined before camp) or single tarp for sleeping outside. Tarp should be 6x8 feet in size for one person. Hiking leader will bring overhead tarp.
- lightweight pants: 1 pair. Synthetic hiking pants or joggers (lightweight and not cotton/no leggings)
- lightweight/synthetic t-shirt: 2 total with 1 to change into for the second day of hiking
- Socks – 2 pairs, synthetic or wool-blend backpacking socks. Thick acrylic ones work great. Consider sock liners if you get blisters easily.
- Underwear – 1 pair
- Synthetic fleece jacket or sweatshirt – 1 total. Temps in June range from 53-68 degrees. Layer polar fleece w/ lightweight coat (below)
- Wind breaker or lightweight waterproof coat- 1 total. If you don't have this, a rain poncho works.
- Long Underwear – 1 top and 1 bottom. These are for cold evenings/mornings and for sleeping in. Substitute sweats if you want, the lighter the better.
- Bathing Suit (full coverage) There is a beautiful lake halfway to the campground.
- Utensils – camping fork and/or spoon, pie tin or 2 paper plates, and plastic handled cup (or sierra cup). Scratch or sharpy initial on all. (You don't need a full mess kit)
- 1 wide mouth water bottle (at least 30 oz and filled at trailhead)
- White kitchen Garbage bag to keep wet and dirty items of clothing separate.
- Toilet paper – half roll in a Ziploc bag
- Sanitary supplies and Ziploc bag to carry out, mandatory
- Hat – wide brim or baseball type
- Sunglasses
- Small bath or kitchen towel (NO BEACH TOWELS)

TRAIL ESSENTIALS – To be with you at all times!

- Chapstick with sunscreen SPF 30 or better
- Compass
- LED Flashlight – small, with extra batteries or headlamp
- Sunscreen
- Personal first aid kit that includes moleskin
- Whistle
- Poncho – (or light weight rain coat)
- Insect repellent (small size with high DEET is best)

RECOMMENDED:

- Sleeping pad (lightweight backpacking style)
- Camping pillow

OPTIONAL:

- Bandana/scarf
- Watch
- Disposable Camera
- lightweight flip flops or water shoes

CONSIDERED:

- Toothbrush & paste
- Deodorant
- Plastic garden shovel
- Stocking cap or ski cap

PROHIBITED:

- Drugs/alcohol of any kind
- Supplemental foods (unless cleared with hike leaders)
- Radios / MP3 Players / IPODs/ cell phones (parents, please have your daughter give their cell phones to you as there will be no service and don't want their phones to get damaged/wet. We will have a sat phone and will be able to get in touch with emergency personnel if need be.)
- Firearms (including airsoft guns)/ Fixed blade knives
- Hair dryers/Make-up

Important

The campers/level leaders/YCLs will need to have a separate bag packed with the remainder of their equipment/clothing/gear for the rest of girls camp at Liahona Redwoods. The girls need to look at the general packing list for girls camp and subtract the things they are bringing on the overnight hike to create a smaller duffel bag filled with their remaining items. The level 4 hiking group will be returning to camp on Wednesday evening, so please pack the duffel bag accordingly and label with their name and level number. These bags will be collected at camp kickoff and will be waiting for you when the group arrives at Liahona.