



# Shawnee Backpacking Adventure Essentials

We're excited that you're joining us at Camp Ondessonk this summer! Here are some tips to make your adventure more comfortable.

## What to Bring:

**Light Weight Sleeping Bag:** During the summer the temperature generally doesn't drop below 50 degrees. If you bring a bag designed for winter camping, odds are you will spend your time lugging around more weight than you need and sweating inside, or sleeping on top of it. Choose an inexpensive, light weight bag constructed of synthetic material, such as a light weight fleece sleeping bag liner, and your trip will be more enjoyable. (Stay clear of cotton flannel, as it doesn't insulate, *and weighs a ton*, when wet!)

**Sleeping Pad:** Bring a closed-cell foam pad that can be rolled up easily when packing. (These can be picked up at a number of stores for very little money. You don't need a top-of-the line pad, just something that will insulate you from the ground!)

**Backpack:** 1) Your pack can be either internal or external framed, and should be at least 4,000 cubic inches in volume. You will be living out of this bag all week, so make sure it holds what you need to bring! 2) Please bring a smaller duffle bag for your change of clothes when we get back in Camp from our adventure, your soap and shampoo, and towel for the showers.

**Boots:** Your feet are your best friends on trail, and you should plan ahead to take care of them! Boots should give you ankle support, and be broken in by the time you hit the trail with us. Water-proof boots are an option, but not a necessity. Bring a pair of tennis shoes for climbing and time spent in camp. If you have your own climbing shoes, go ahead and bring them!

**Raingear:** When picking out raingear, avoid the solid plastic-type suits in the sporting goods section. These tend to tear easily and can become a sauna in the summer due to the lack of breathability. It is recommended that you look for light-weight, waterproof, and breathable garments specifically designed for active outdoor pursuits. A rain jacket is a must, and rain pants are strongly recommended.

**Insulating Layer:** This becomes a necessity during those random rainy cold snaps. A sweatshirt made of polyester or fleece is the best way to go. Avoid cotton since it will not keep you warm if it gets wet.

**Clothing:** Please consider quick-drying synthetic materials for pants, shorts and shirts, and wool/synthetic blend materials for your hiking socks. These are the preferred standard for backcountry travel. Bring 1 pair of pants, 2 pairs of shorts, 3-4 t-shirts, a daily change of underwear(7), daily change of socks -plus one extra pair(8), and swim suit(1). (Please see packing list for where to pack each item)

**Personal Gear:** Please bring a plastic bowl with lid (at least 3-cup volume) for campsite meals, a spoon for eating, a head lamp or flashlight (headlamp preferred), toothbrush/paste, deodorant, comb/brush, bug repellent, and sunscreen.

**Water Bottles:** These are the most important pieces of personal equipment you will bring. They should be big enough to carry at least one liter of water. (No glass, please!)

## What to Expect:

**Campers:** On Backpacking Adventure you will spend a total of 4 physically demanding days on-trail getting to know new expedition mates while hiking an adventurous route through the surrounding National Forest.

The beginning of the week will be dedicated to learning all of the backcountry living skills you will need as we hike our way through oak, hickory, and loblolly pine forests. Every evening experience a new backcountry cuisine as we cook meals at the campsite. When the stars come out, enjoy the coziness of a crackling Leave-No-Trace style campfire, tell stories, and experience they best night's sleep of your life! The week ends with a rock climbing day and opportunities to explore the ancient sandstone formations Camp Ondessonk is known for.

After a week of adventure and exploration in the rugged Shawnee National Forest, you will leave Camp Ondessonk with the basic backcountry travel and 'Leave No Trace' skills necessary to pursue your future wilderness adventures.

**Parents:** Your camper will spend the majority of his or her time at Camp Ondessonk on-trail learning basic, introductory-level skills needed for backcountry travel. Our trained backcountry guides are both camp counselors and experienced outdoor educators. All trail staff have basic first aid and CPR training and are trained in proper acquisition of backcountry medical assistance.

It is our goal to provide an experience that is educational as well as enjoyable. Along with providing practical backcountry living skills, research has shown several positive effects on personal development that accompany backcountry adventure trips:

- ☑ **Develop personal leadership:**
  - ☑ Character development
  - ☑ Personal responsibilities
  - ☑ Values clarification
- ☑ **Develop interpersonal relationships:**
  - ☑ Exploring communication styles
  - ☑ Conflict management
  - ☑ Trust building
- ☑ **Group Dynamics:**
  - ☑ Group problem solving skills
  - ☑ Establishing and maintaining roles within a group
  - ☑ Community building
- ☑ **Strengthen relationships:**
  - ☑ Appreciating differences
  - ☑ Learning about the strengths of others
  - ☑ Examining stereo-types

An experience with Backpacking Adventure can provide your camper with a positive and growthful experience well beyond the proven benefits of the typical week of summer camp. If you would like to send your camper mail, they will be able to receive it upon returning to Camp on Friday afternoon. *Letters from home are not only welcome, but encouraged!*

**Important Info Regarding Your Trip, PLEASE READ COMPLETELY!**

# Shawnee Backpacking Adventure

## Packing List



### Back Pack (Items to take out in the field)

- 2 Water Bottles that hold at least 1 liter of water
- 1 Pair of Shorts
- 1 Pair of Long Pants
- 2-3 T-Shirts
- 7 Pairs of Socks
- 6 Pairs of Underwear
- 1 Sweatshirt
- 1 Set of Raingear
- 1 Pair of Tennis Shoes
- 1 Pair of Hiking Boots
- 1 Plastic Eating Bowl w/Lid and 1 Spoon
- 1 Headlamp or Flashlight
- 1 Sleeping bag & 1 Foam Sleeping Pad
- 1 Toothbrush/ small tube of paste
- 1 trial size stick of deodorant

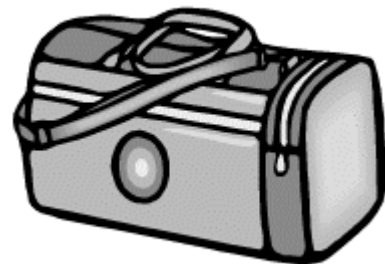
### Optional

- Camera
- Bug Repellant
- Sun Screen
- Brush or Comb
- Swimsuit



### Duffle Bag *(will stay back at camp to provide a clean change of clothes for the last day!)*

- 1 Pair of Shorts
- 1 T-Shirt
- 1 Pair of Socks
- 1 Pair of Underwear
- 1 Trial Size Bottle of Soap
- 1 Towel
- 1 Trial Size Bottle of Shampoo



### Optional

- Sandals (NOT Flip-Flops!)

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