

SUMMER MOUNTAIN CAMPING CHECKLIST

WELCOME: Men & Women, age 18 & up!

Quantities:

- Please consider that 11 people will be in each van
- figure on 4 nights of camping, 2 days of mostly driving, 3 ½ days in the mountains.
- Bring items of clothing that can be LAYERED easily, for cool nights & windy summits!

Task List:

- Registration, Health, & Liability forms filled out and returned to **Into the Deep** with down payment
- Tell Jen if I need equipment: a few sleeping pads and sleeping bags are available for loan
- Arrange to leave promptly at 2pm on Friday from the Sheraton in Philadelphia
- Arrange to stay overnight on Tuesday upon returning to Philadelphia (unless you live locally)
- Medications in Ziplocs (we have a group First Aid kit)
- Please carry your medical insurance card!
- Set up "out of office" replies for cell phone & email: to fully enter into this retreat we will collect electronics (available for emergency)
- Money for souvenirs, gifts, or extra snacks on the road
- "BAG Supper" for the drive on Friday if you prefer not to eat fast food during our roadtrip
- I have packed everything I need on the car ride in a separate, smaller bag from what will be in the back end of the van.
(Please include in this small daypack: water bottle, raingear, one warmer layer, headlamp, sunglasses, medicine, camera)
- KEEP ANY FOOD SEPARATE from clothes and out of tents!!!

Checklist:

- Good raincoat (wind & moisture repellency necessary!)... *for your own good, PLEASE: no plastic ponchos!*
- Optional: rain pants (full zipper up sides is most convenient)
- Optional: Light hat & gloves, long underwear tops & bottoms – just in case/esp. if you tend to get cold at night or your sleeping bag is thin
- Hiking boots or shoes suitable for hiking on rocky terrain
- Comfortable sandals for around camp & driving (optional: flip-flops can be helpful for shower & beaches)
- Wool socks for hiking (cotton not recommended)
- Optional: thin pair socks for under heavier socks to avoid blisters (not cotton)
- 2 long pants - quick-dry material (nylon, etc.) is helpful; NOTE that jeans are very slow-drying!
- shorts
- 2 warm layers: sweatshirt, fleece jacket, vest, etc.
- long sleeve t-shirt(s)
- regular t-shirts
- Versatile, modest sleepwear (for both warm and cool nights in the mountains) + optional warm socks just for sleeping
- Comfy travel clothes
- Swimsuit for lakes
- Pillow (or can roll up a sweatshirt)
- Sleeping bag (suitable for possibly cooler temps)
- Optional: flannel sheet "sleep sack" to line sleeping bag (great by itself if hot/more warmth if cold)
- Thermarest (or other type) sleeping pad
- Towel and wash cloth (for beach & shower; medium size for sake of space)
- Personal Toiletries (sample size when possible, anything scented in ziplocks)
- Lip balm, sunscreen, lotion (unscented please, in ziplocks)
- Sunglasses, hat to protect from sun/bugs... optional bug headnet
- Small flashlight / headlamp + batteries
- Optional emergency stash: pocket knife, compass, whistle, matches
- Thermal mug (12 oz)** for breakfast foods & hot drinks... put your name on it!
- Water bottles** (at least 2 to reuse, totaling approx. 60+oz.)... put your name on them!
- Camera/batteries/memory card/film
- If you have one: breviary
- Optional: rosary, journal, pen, bible, book, travel games, cards, etc. (please plan on non-electronic versions!)
- Musical instruments welcome!
- Optional: camp chair (must be compact due to van space)
- Small backpack for hiking to carry water, camera, raingear, layers, etc.