

## SUMMER NORTHERN MN CAMPING CHECKLIST

2016 Jay Cooke State Park Girls' Retreat

### Quantities:

- Please consider that up to 12 people will be in one van
- Plan on 4 nights of camping and intermittent days of driving, hiking, and relaxing in northern MN!
- Bring items of clothing that can be LAYERED easily, for cool nights & windy lakeshores!

### 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 are available for rent (\$10)
- Arrange to meet on Mon. for 8am Mass at St. Charles Borromeo in Minneapolis, MN; will then leave from **Into the Deep's** office bldg.
- Arrange to pick up your daughter at 3:30pm on Friday from the parking lot (or north entry) of **Into the Deep's** office bldg.
- Medications (original containers but only as much as needed) in Ziplocs (we have a group First Aid kit)
- Leave all electronics at home or they can be collected (emergency phones & numbers will be with the leaders)
- Optional: money for souvenirs/gifts at State Park office, or for vending at rest stops
- "BAG Breakfast" for the drive on Monday
- I have packed everything I need for the van 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 uneven terrain
- Comfortable sandals for around camp & driving (optional: flip-flops can be helpful for shower & beach)
- 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
- Regular t-shirts
- Versatile, modest sleepwear (for both warm and cool nights) + optional warm socks designated for sleeping
- Comfy travel clothes
- Pillow
- Sleeping bag
- Optional: flannel sheet "sleep sack" to line sleeping bag (great by itself if hot/more warmth if cold)
- Thermarest (or other type) sleeping pad
- Bandana (serves as a washcloth, to cover head, to keep neck cool/warm, etc.)
- Swimsuit (NOTE: Lake Superior is chilly!)
- Towel (for beach & shower; compact/medium size for sake of space)
- Personal Toiletries (sample size when possible, aim for unscented, put in ziplock)
- Lip balm, sunscreen, lotion (unscented please, in ziplocks)
- Sunglasses, hat to protect from sun/bugs... optional bug headnet
- Small flashlight / headlamp + batteries
- Optional: pocket knife, compass (we can teach these skills if the youth are interested)
- Thermal mug (12 oz)** for breakfast foods & hot drinks... put your name on it!
- Water bottles** (at least 2 to re-use, totaling approx. 50+oz.)... put your name on them!
- Camera/batteries/memory card
- 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.