

2019 High School Day Camp

Hiking the Twin Cities Metro Area

- ✓ **EACH DAY:** please check in at **8 am**, outside the **St. Agnes Daily Mass Chapel** (between church and school: 548 Lafond Ave, St. Paul, MN 55103. Jen will be standing there with a clipboard).
- ✓ **FIRST DAY:** Parents are welcome to join us for an introduction to the ground we will be covering (*both on Theology of the Body & geographically*), as well as a special **9:00 am Mass** for our group.
- ✓ **PICK UP** daily at **5:00 pm** from the same parking lot.

TASK LIST:

- Registration, Health, & Liability forms filled out and returned to **Into the Deep** with down payment
- Medications** in Ziplocs (*collected & distributed by adults, except inhalers; please bring in original containers but only as much as needed*). NOTE: we have a well-stocked group First Aid kit.
- Leave all **electronics** at home or they can be collected (*emergency phones & numbers will be with the leaders*)
- Bring a **“BAG Lunch”** for each day (*trail mix will be supplied*)

CONSIDER:

- **You will carry what you have in your backpack all day.**
- **Plan on 4 days of intermittent busing, driving, hiking, and maybe a little swimming!**
- **We will hike rain or shine! Temps will likely be between 70 and 80 degrees; still bring items of clothing that can be LAYERED over each other with your raincoat on top.**

CHECKLIST for your **BACKPACK:** *please do not ignore anything on this list unless it is marked as ‘optional’*

- In Ziploc: inhaler/medicine to check in
- Water bottles**, totaling approx. **2 liters or no less than 60 oz.**
- Rain jacket (*test for moisture repellency!*)
- Warm layer that can fit under your rain jacket: sweatshirt, fleece jacket, vest, etc.
- Hiking boots or sport shoes, suitable for hiking all day & on uneven terrain
- Heavier socks for hiking (*cotton not recommended because they rub more when sweaty & hold moisture*)
- Hat with brim to block the sun &/or sunglasses
- Optional: sunscreen & lip balm
- Optional: pocket knife, compass, whistle (*we can teach these skills if the youth are interested*)
- Optional: camera (*group camera is available, phones not allowed*)

Also note:

- If you wear shorts...**no** short-shorts
- If you wear long pants...**no** leggings
- Please wear t-shirts...**no** tank tops

SWIMMING: *The possibilities of water being swimmable or the weather being right will not be known very far in advance on this collection of hikes. Taking advantage of opportunities to swim or splash around could be fun so here are some points to consider:*

- Wearing synthetic clothing (athletic shorts, t-shirts, & under garments) allows participants to both hike and swim without changing clothes but **NOTE:** *cotton will not dry quickly and will tend to cause chaffing, discomfort, or chills.*
- We will not have places to change clothes except for one day, so wading and splashing a bit may suffice. If you bring a swimsuit: ladies, one piece or tummy-covering tank style/guys, no Speedos 😊
- Bring a compact/medium size towel to dry off or sit on
- Optional bandana: can serve as a “washcloth”, to keep neck cool/protected from sun, to cover head/hair, etc.