

## 2019 High School Basecamp Hiking Retreat

---

### Tettegouche State Park

- ✓ MEET on Monday: **8am Mass** at St. Charles Borromeo (2739 Stinson Blvd NE Minneapolis, MN 55418)
- ✓ CHECK IN: **8:45am at Into the Deep's** office building (*see footer*). Parents are welcome to see us off!
- ✓ PICK UP on Friday: **6:00 pm** from the parking lot (or north entry) of **Into the Deep's** office building (*see footer*).
- ✓ If you are meeting us along our driving route, call well in advance to arrange details!

#### *TASK LIST: in advance of the retreat*

- Registration, Health, & Liability forms filled out and returned to **Into the Deep** with down payment
- Call if equipment is needed: a few sleeping pads are available for rent (\$10)
- Medications** in Ziplocs (please bring in original containers but only as much as needed; collected & distributed by adults on the retreat). 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)
- Optional: money for souvenirs/gifts at State Park office
- “BAG Breakfast/Lunch”** for Monday's drive (please no extra food/candy/energy drinks/etc. beyond the van)
- KEEP ANY FOOD SEPARATE** from clothes and out of tents!!!
- Add your own:

#### *CONSIDER MINIMAL QUANTITIES:*

- You will be sharing van and tent space.
- Plan on 4 nights of camping and days of hiking with (hopefully) a little swimming!
- Temps are usually between 55 and 75 degrees; bring items of clothing that can be **LAYERED** over each other with your raincoat on top.

#### *CHECKLIST: please do not ignore anything on this list unless it is marked as 'optional'*

- Thermal mug (12 oz):** wide-mouth best for eating breakfast foods... put your name on it!
- Water bottles** (durable, totaling approx. **3 liters or no less than 60 oz.**)... put your name on them!
- Small flashlight / headlamp + batteries
- Good raincoat (test water repellancy!) **PLEASE: no plastic ponchos!**
- Optional: rain pants (*zipper up sides are most convenient*)
- Hat with brim to protect from sun/bugs... optional bug headnet
- Sunglasses (*optional but helpful: high UV protection & polarized*)
- Hiking boots or tennis shoes suitable for hiking on uneven terrain
- Close-toed sandals or water shoes for swimming and around camp (**no** flip-flops)
- Wool socks for hiking (*at least one pair; cotton not recommended because they rub more when sweaty & hold moisture*)
- Optional: thin pair socks for under heavier socks to avoid blisters (*not cotton*)
- Shorts (**no** short-shorts)
- 1-2 long pants (**no** leggings) - quick-dry material (nylon, etc.) is best; *please avoid jeans as they are very slow-drying!*
- Regular t-shirts (**no** tank tops)
- Long sleeve t-shirt
- 2-3 warm layers: sweatshirt, fleece jacket, vest, etc. that can fit over each other (*sweatshirts are also slow to dry*)

**SLEEPING: each tent holds 3-5 participants**

- Sleeping bag
  - Thermarest (or other type) sleeping pad  
(can rent from I.D. for \$10)
  - Optional pillow; you can also roll up a fleece or sweatshirt
  - Optional: flannel sheet “sleep sack” to line sleeping bag (great by itself if hot / more warmth if cold)  
> **Make your own:** use a thin/light double flat sheet folded in half and sewn across the bottom, plus 1 / 3 up the side.
  - Versatile, modest sleepwear (for both warm and cool nights)
  - Optional: warm, dry socks designated for sleeping (sweat from the day can chill your feet)
  - Optional: light hat & gloves, long underwear tops & bottoms (can be used as sleepwear or during the day. Especially wise if you tend to get cold or your sleeping bag is thin)
- } **pack in a durable plastic bag with name on it;**  
**be careful not to tear/puncture the bag for 2-way travel!**

**SWIMMING & STAYING CLEAN: showers are not available to us and soap/shampoo are not allowed in lakes**

On some level, participants will have to accept that they will not be perfectly clean while enjoying the great outdoors, but we also won't be neglecting ourselves! 😊 Taking advantage of opportunities to swim will help a great deal but there are also some good tricks to consider:

- Bringing synthetic clothing (athletic shorts, t-shirts, & under garments) allows participants to both hike and swim without changing clothes; both clothes & skin get rinsed together! **NOTE:** cotton will not dry quickly and will tend to cause chaffing, discomfort, or chills.
- Swimsuit: ladies, one piece or tummy-covering tank style/guys, no Speedos 😊
- Bring a washcloth to scrub over your skin when swimming. In particular, NORWEX brand microfiber body cloths are made to be used with just water – effectively wiping everything that would cause odor off your skin. **Into the Deep** will order one with your embroidered initials upon request (\$10).
- Optional bandana: can serve as a washcloth, to cover head/hair, to keep neck cool/warm, etc.
- Towel (compact / medium size)
- Personal Toiletries (travel size & ideally unscented, put in Ziploc)
- Feminine products (no fear – a special instruction sheet will be sent to you!)

**OTHER OPTIONAL ITEMS:**

- Pocket knife, whistle, compass (we can teach these skills if the youth are interested)
- Camera/batteries/memory card (group camera is available; no phones allowed)
- Rosary, journal, pen
- Book, travel games, cards, etc. (bring non-electronic, mini versions!)
- Musical instruments welcome (if we have the space)
- Camp chair (must be compact due to van space)

**ORGANIZE YOUR DAYPACK:** have with you in the van and for hikes, separate from your other stuff

- 3 Liters of water (note that more body weight needs more water)
- In Ziploc: inhaler/medicine
- Headlamp/small flashlight
- Rain jacket
- One warm layer
- Sunglasses, hat to block the sun, sunscreen & lip balm
- Optional: pocket knife, compass, whistle
- Optional: camera