

2020 High School Hiking Retreat

Porcupine Mountains Wilderness 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 (collected & distributed by adults on the retreat; 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*)
- “BAG Breakfast/Lunch”** for Monday's drive (*no extra food/candy/energy drinks/etc. beyond the van*)
- KEEP ANY FOOD SEPARATE** from clothes and out of tents!!!
- Optional: money for souvenirs/ gifts at the park store
- Add your own:

CONSIDER MINIMAL QUANTITIES:

- You will be sharing van and tent space.
- Plan on 4 nights of camping and intermittent days of hiking and relaxing near Lake Superior!
- Temps will be between 60-80 degrees during the day, but cooler at night; 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 for eating breakfast foods... put your name on it!
- Water bottles** (at least 2 to re-use, totaling approx. **2 liters or no less than 50 oz.**)... put your name on them!
- Small flashlight / headlamp + batteries
- Good raincoat (*test water repellency!*)... **PLEASE: no plastic ponchos!**
- Optional: rain pants (*zipper-up sides are most convenient*)
- Hat with brim to protect from sun/bugs
- Sunglasses (*optional but helpful: high UV protection & polarized*)
- Hiking boots or athletic shoes suitable for hiking on uneven terrain
- Close-toed water shoes for swimming **or** sandals for the drive 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) – ideally quick-dry material (nylon, etc.); *please avoid jeans as they are very slow-drying!*
- Regular t-shirts (**no** tank tops)
- Long sleeve t-shirt
- 2 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)
 - Pillow (bring in the van or put in the plastic bag as well)
 - 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 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! 😊 We may have a couple opportunities to swim in Lake Superior. Here are also some good tricks to consider:

- Bringing synthetic clothing (athletic shorts, t-shirts, & under garments) allows participants to both hike and splash around without changing clothes. **NOTE:** cotton will not dry quickly and will tend to cause chaffing, discomfort, or chills.
- 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).
- Bandana (can serve as a “washcloth” at creek stops, to cover head / hair, to keep neck cool / protect from sun, etc.)
- Swimsuit (ladies, one piece or tummy-covering tank style / guys, no Speedos 😊)
- Towel (compact / medium size)
- Personal Toiletries, including optional baby wipes & hand sanitizer (travel size & ideally unscented, put in Ziploc)
- Feminine hygiene products (no fear, ladies – a special instruction sheet will be sent to you!)

OTHER OPTIONAL ITEMS:

- Pocket knife, whistle, compass (we will teach skills surrounding them)
- Leather gloves – safety item for working with fire and wood splitting
- 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

- Both water bottles
- In Ziploc: inhaler / medicine
- Headlamp / small flashlight
- Rain jacket
- One warm layer
- Sunglasses, hat to block the sun, bandana, sunscreen & lip balm
- Optional: pocket knife, compass, whistle
- Optional: camera