

2021 Middle School Girls Basecamp Hiking Retreat

Jay Cooke 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: **5:00 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 leaders 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. **2 liters or no less than 60 oz.**)... put your name on them!
- ☐ Small flashlight / headlamp + batteries
- ☐ Good raincoat (test water repellency in the shower!) **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 sport 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 things that cause odor off your skin. **Into the Deep** will order one with your embroidered initials upon request (\$10).
- ☐ 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*

- 2 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