



Packing List for Backpacking Trip

Dear Trip Camper,

We are excited that you have decided to join us on a backpacking trip this summer! Wilderness trips are a unique and exciting way to experience adventure and create amazing memories. Backpacking is physically and mentally challenging work, but you will soon learn to rely on your group and yourself in new ways. No previous backpacking experience is necessary, although you do need to be willing to participate in the challenges and joys of wilderness camping. If you have any other questions, please feel free to contact Covenant Point at (906) 265-2117 or check out cpbc.com. We look forward to seeing you this summer!

Trip campers should bring a range of clothes for warm days and cool nights. The Trip campers are outside the entire week, so adequate clothing is important for cold or rainy days (check forecast for the week).

Our Trip program is designed to encourage campers to participate in the experience of the community and adventure with the basic essentials. **Please do not pack electronic devices, watches, candy / junk food, mirrors, cosmetics, or pop-culture reading material. Cell phones may be used during travel for those riding the bus. Cell phones and the above items will be packed away on the first night and returned at the end of the week.**

The following is a packing list of recommended items for the trip. Please do not feel the need to purchase a lot of expensive equipment. Many items can be borrowed or are already owned. Tents, 2/3 length "ridge rest" sleeping pads, hiking backpacks and cooking equipment will be provided. Your first night at camp we will unpack our bags and repack into the backpacks that we provide for you, and split up communal gear amongst the group. Your luggage and unnecessary items (including phones and electronics) will be stored safely at camp for the time we are on trail.

Recommended Packing List:

For the Trip:

- Hard soled, ankle-high hiking boots. Please break in your boots well before you arrive at camp - **this item is crucial.**
 - Nylon “mummy style” sleeping bag with stuff sack: must be warm, lightweight and packable (4- 5 pounds max, fit into stuff sack 10 x 20 max) 20 degree F rating
 - Required medications (medications must be in original containers - this include over-the-counter drugs as well.)
 - 3 changes of clothing (including clothing for all situations (pack clothes for hot, cold, wet, dry, and buggy weather) we recommend the following:\ul style="list-style-type: none;"> - 2 t-shirts or lightweight sun shirts (tank tops may rub against the pack)
 - 4 pairs of underwear
 - 2 pairs of wool (preferred) or 4 pairs of cotton socks
 - 1 warm fleece or wool long sleeve layer (not cotton)
 - 1 pair of hiking pants and 1 pair of quick-dry shorts
 - 1 pair of comfortable pants to sleep in and change into at campsite (not cotton)
 - 1 bandana or buff the wear around the neck or head for bug and sun protection
 - Waterproof rain jacket and pants
 - Swimsuit (modest in design) and small/camp towel
- 1 pair of comfortable shoes or sandals to change into at the campsite
- 1 plastic or lightweight water bottle (Nalgene/Camelback/etc–available for purchase in the canteen)
- Small Bible and pen/pencil (if necessary, a Bible can be provided for the week) – packed in Ziploc bag
- Sunglasses and brimmed hat
- Sunscreen, insect repellent (non-aerosol), SPF lip balm
- Headlamp or flashlight with batteries
- Toiletry items-toothbrush, tooth paste, deodorant, baby/body wipes (use small travel containers and pack in Ziploc bag)
- Tampons for women
- 6 or 7 1-2 gallon Ziploc bags (to pack clothes in)
- Spending money if you wish to purchase snacks on the drive or visit the canteen while at camp.

Optional Items:

- Camera (in Ziploc bag)
- Fishing pole / tackle - No MI fishing license necessary for those 16 and under, and those 16+ may purchase one on the way if desired (streams of the Porcupine Mountains contain brook trout and rainbow trout)
- \$20-\$50 for camp clothing, souvenirs, or merchandise and/or money for mission project donation, if desired.

For Time at Camp:

- Clean pair of pajamas and 1-2 clean outfits for return to camp
- Shampoo/Conditioner/Body wash to shower after return to camp
- Pillow

Items not to bring to the Backpack Trip

A CPBC Backpack Trip is a unique experience of living off the grid for a week, and we try to live by the basics, which is rare in today's world. Please do not pack the following:

- Any foods with peanut or nut ingredients (for allergy safety)
- Candy / Junk food
- Electronics
- Watches
- Mirrors or Cosmetics
- Pop-Culture Reading Material
- Knives, weapons, sharp objects, lighters, or matches
- Alcohol or illegal drugs
- Personal sports equipment
- Any clothing, stickers, or imagery that can be divisive, political, negative, etc. – We strive to keep the focus of camp Christ-centered and limit visual messages that are difficult to unpack for young people who are together for a temporary community.

Any such belongings will be collected by the staff at the beginning of the week and locked away until the end of the week when they will be returned to the camper.

If riding the bus to / from camp:

Please send money (\$20 total) for a lunch stop on each end of the trip. The camp bus stops at McDonald's on trip to/from camp.

Sending camper mail or email:

Since this trip takes place away from camp, it is not possible to communicate with your camper by mail or email during the week. However, the group will be back to camp around dinner time on Friday, so if you do choose to send mail or email, it will be delivered to the trip camper at that time. If sending a package, please do not include any prohibited items (such as snacks containing or peanut or nut products).

Camper Name
Covenant Point Bible Camp
358 W. Hagerman Lake Rd
Iron River, MI 49935

Alternatively, you may drop off mail at the registration table during camper drop-off to be handed out during the week.

campermail@cpbc.com
subject: *Camper Name*

