

Level 4 Backpacking

EQUIPMENT LIST

The following list of equipment is divided into mandatory, recommended and optional items. Most equipment can be borrowed from others. As a last resort, equipment can be rented from REI, Sports Chalet, or Sports Basement. In regards to clothing, think synthetic. Cotton is generally bad (heavy and stays wet the entire trip). Think light-weight, good utility, and low cost. This list does not include what you wear to the church on Tuesday morning so pack accordingly.

Remember that you will also be carrying 2+ pounds of food and group equipment per person times the number of days on the trip. Mark your gear with your name and pack your backpack with the goal of balancing the load and keeping the center of gravity as near your upper back as possible. Remember, you should be wearing your gear/shoes intended for this trip during some portion of each day prior to hitting the trail. **This should happen now! Do not wait until a few days before departure to acquire hiking shoes.**

Wearing time should be increased in the week prior to departure. Use the same type of socks scheduled for use on the trip to determine if you develop “hot” spots, which could turn into blisters. Your equipment and preparation will determine the experience you have on this trip.

MANDATORY

- 1 Internal or External Frame Type Backpack – LARGE in capacity & MUST FIT! It should have a padded waist belt so that the weight of the pack can be carried by the hips. In general, a pack fits when the waist belt lines-up with the belly-button and the shoulder straps are loose or lightly weighted.
- 1 Lightweight Mummy Type Sleeping Bag – 0 to 30 degree bag in stuff sack.
- 1 Pair broken-in running shoes **with tread** or hiking boots/runners (only wear boots if they are broken in!)
- 1 Pair flip flops/water shoes for around camp/beach
- 1 Lightweight two-man tent to share (have a tent buddy you have determined before camp)
- 2 Pair lightweight pants or shorts: Synthetic hiking pants/short
- 2 Lightweight/synthetic t-shirt
- 3 Pair hiking socks – synthetic or wool-blend backpacking socks. Thick acrylic ones work great. Consider sock liners if you get blisters easily.
- 2 Pair of underwear
- 1 Packable down jacket that can double as a pillow
- 1 Synthetic fleece jacket or sweatshirt – Temps in July range from 63-96 degrees but can be windy and cooler at night. Layer polar fleece w/ lightweight coat (below)
- 1 Wind breaker or lightweight waterproof coat- If you don't have this, a rain poncho works.
- 1 Set of Long Underwear or pjs – 1 top and 1 bottom. These are for cool evenings/mornings and for sleeping in. Substitute sweats if you want, the lighter the better.
- 1 Bathing Suit (full coverage) There is a beautiful lake halfway to the campground.
- Utensils – camping fork and/or spoon, pie tin/plate (You don't need a full mess kit)
- 1 Wide mouth water bottle (at least 30 oz and filled at trailhead)
- 1 White kitchen Garbage bag to keep wet and dirty items of clothing separate.
- Toilet paper – half roll in a Ziploc bag.
- Sanitary supplies and Ziploc bag to carry out, mandatory
- Small bath or kitchen towel (NO BEACH TOWELS)

TRAIL ESSENTIALS – To be with you at all times!

- Chapstick with sunscreen SPF 30 or better
- LED Flashlight – small or headlamp
- Sunscreen
- Personal first aid kit that includes moleskin
- Insect repellant (small size with high DEET is best)

RECOMMENDED:

- Sleeping pad (lightweight backpacking style)
- Camping pillow (or use packable down jacket if bringing it)

OPTIONAL:

- 1 Hat – wide brim or baseball type
- Sunglasses
- Bandana/scarf
- Watch
- Disposable Camera

QR Code for 4 year hike document with all details

CONSIDERED:

- Toothbrush & paste
- Deodorant
- Plastic garden shovel
- Stocking cap or ski cap

PROHIBITED:

- Drugs/alcohol/vape of any kind
- Supplemental foods (unless cleared with hike leaders)
- Cell phones (parents, please have your daughter give their cell phones to you as there will be no service and don't want their phones to get damaged/wet/lost)
- Firearms (including airsoft guns)/ Fixed blade knives
- Hair dryers/Make-up



Important

The campers/level leaders/YCLs will need to have a separate bag packed with the remainder of their equipment/clothing/gear for the rest of girls camp at Liahona Redwoods. The girls need to look at the general packing list for girls camp and subtract the things they are bringing on the 2 night hike to create a smaller duffel bag filled with their remaining items. The level 4 hiking group will be returning to camp on Wednesday evening, so please pack the duffel bag accordingly and label with their name and level number. These bags will be collected when you leave by Sister Crockett and will be waiting for you when the group arrives at Camp Liahona.