

# OMSI Overnight Summer Camp Backpacking FAQ

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## I don't have a backpack or boots. Do I need to buy some for this camp?

OMSI has backpacks to borrow if your camper does not have one. [Email us](#) with the height and weight of your camper one week prior to the start of camp and we'll set a pack aside for them in advance. If not, we'll fit backpacks at check-in.

We do not provide any boot rentals for campers. If you have questions about which boots to purchase or if your current boots are suitable for backpacking, first refer to the [Backpacking Tips](#) section of [your camp packet](#). If you still have questions or concerns, please contact the Coastal Discovery Center at [campgray@omsi.edu](mailto:campgray@omsi.edu).

## Can I bring my own tent? Or a water filter or stove?

OMSI will provide all tents, water filters and stoves. The central reason that we provide all of it is to support the community building and accountability that happens when gear is shared by the group. This is gear that the OMSI staff is trained on, and can in turn teach your camper to use. Care for the community gear is an important part of the trip. Also, we will have a smaller footprint on the ground and thus a smaller impact on the trail with shared community resources. All campers will carry some group gear (food, water, shelter).

## Can you accommodate food allergies and other dietary preferences?

OMSI will also provide all food and snacks for the trip. We are prepared to accommodate vegetarians, vegans, gluten-free campers, and campers with food allergies. It's important that any dietary needs or preferences are indicated on your intake form. All menus and food will be packed the week before the program, so if there are any questions or concerns, email us. We can only accommodate food preferences and allergies that we know about.

## Do I need to purchase Life Flight / Air Med Care?

All backpacking camps take place in remote areas that do not have access to front country medical care. OMSI instructors are trained wilderness first responders, but we suggest that families purchase emergency medical insurance. While not required, it could save your family considerable expense down the road in the case of an emergency evacuation.

*Backpacking: Teen Girls* and *Backpacking: Three Sisters* - Two companies, [Life Flight](#) and [Air Med Care](#) provide emergency response services to the Three Sisters Wilderness and the response will depend on which helicopter is available. To be fully covered in the event of an emergency, both packages must be purchased.

*Backpacking: Wallowas* is only in the service range of [Life Flight](#), who will cover emergency transportation in these cases.

### What happens to the belongings I don't need while I am on course?

After checking in, campers will empty their packs onto a nearby tarp. The OMSI staff will sort through everything with the camper to determine only the essentials to bring on the trail. Parents and guardians are welcome to stay through this process to take home any clothes and gear that will not go on the trip. Alternatively any clothes and equipment not brought will be stored in a dry, locked facility and will be returned at the end of camp.