Backpacking with Kids – Ingalls Creek– July 22-23, 2023

Trip Leader: Birgit Grimlund (206) 683-6627 (Inreach: birgitandrobin@inreach.garmin.com)

Description Easy family friendly 2.25 mile hike along Ingalls Creek to a lovely large camp with a small shallow swimming hole and large talus field to explore.

Leader Birgit Grimlund
Participants See trip roster

Directions (Approximately 2hr 10 min drive from Seattle) Ingalls Creek Trailhead (GoogleMaps)
I-90 E to WA-970 (Exit 85). Take Highway 970 east for 7 miles to Highway 97. Go north topping Blewett Pass. At milepost 178, turn left onto Ingalls Creek Road. Cross Peshastin Creek, bear left. The trailhead is at the road's end.

NW Forest Pass Required

Tentative schedule

Sat, July 22

- 10:30 am Meet at Trailhead
- 11 - 2 ish - Hike with plan for lunch along the way
- 2-6 pm: Set up camp, play, swim, explore, relax
- 6 pm: Start dinner
- 8-9 pm: Lights out

Sun, July 23

- 7-8 am Breakfast
- 9-10 am Pack Up
- Hike Out: Exact start time TBD by group (10-11?)
- Post hike ice cream or other treats at The Rock

Our planned route on Caltopo

Weather **NOAA Forecast**

Packing List (Gear) *(Items in italics are items that Birgit/Trip Leader will bring and can share)*

❑ Each child should carry a whistle + ID in plastic bag (child's and parent's name/contact)

❑ Backpack

❑ Pack cover or items packed in waterproof bags (if rain in forecast)

❑ Sleeping bag + Pad

❑ Tent

❑ Headlamp (fully charged or with fresh batteries)

❑ Water bottle/bladder 1 liter (Plenty of water along the trail to purify as we go)

❑ *Water purification (Trip leader will have SteriPen and BeFree purifier which can be shared)*

❑ Mosquito protection (Bug head net + bug spray –picaridin 20% is my recommendation)

❑ Sun protection (sunglasses, sunscreen, hat)

❑ *Pocket knife or multitool*

❑ *Small packet matches or small lighter*

❑ *First aid kit (Trip leader will bring a more substantial kit but all parents should have a small kit)*

*Everyone's personal first aid kit should include a small ACE type wrap, Tylenol + ibuprofen for small injuries, band aids, blister management (Moleskin/tape for hot spots or my preferred is a hydrocolloid such as Band-Aid Hydroseal of Compeed for open sores)

❑ Personal hygiene (TP/Kula cloth, wipes, toothbrush/paste, spade or snow stake, bag to carry out waste, personal meds, hand sanitizer, gender specific items)

❑ Gaia or Caltop app on phone with downloaded map of area or paper map (optional)

**Trip leader will have paper map and map on phone/compass*

❑ Ursack+Opsak or Bear canister or Rope/sturdy bag for bear hang (for all food and smelly items).

***Bear hangs are tricky and hard to reliably find appropriate trees, if possible I'd very much prefer if people use an Ursack/Opsak or bear canister. I do have an extra Ursack and bear canister to lend – reach out if you would like to borrow.*

❑ Hiking poles (optional)

❑ Cell phone/camera/battery pack (optional)

❑ Reading material/cards/games (optional)

❑ Sit pad or chair (optional) – *used bubble mailer is a lightweight eco friendly option*

Packing List (Food)

❑ Bowl/cup/spoon

❑ Lunch for Saturday (on trail)

❑ Dinner for Saturday *(I often try to coordinate a group dinner if there is interest, quesadillas or pizzadillas offer a fair amount of flexibility for different food tastes and if some or all families are interested we can coordinate this).*

❑ Breakfast for Sunday

❑ Lunch (or snacks) for Sunday

❑ Snacks!!!

❑ *Stove, fuel, pot, pan (Trip leader will bring JetBoil + second small stove/+ frying pan)*

Packing List (Clothing) *Avoid cotton

❑ Hiking boots or hiking shoes

❑ Camp shoes/water shoes (optional)

❑ Hiking socks x 2 (wool or synthetic)

❑ Short sleeve shirt

❑ Long sleeve sun protection shirt

❑ Hiking or zip-off pants, hiking tights or shorts (if shorts only, plan to wear your rain pants for bug protection in evening)

❑ Rain jacket with hood + rain pants

❑ Underwear

❑ Mid-layer (fleece or puffy)

❑ Long underwear or base layer (which can also be a sleeping layer)

❑ Gloves/mittens (if seems indicated by forecast)

❑ Hat (if no hood on mid layer)

❑ Swim suit + light camp towel for water play in creek

❑ Car bag (change of clothes for return drive if desired)

Backpacking Clothes checklist



☐ TSHIRT

☐ LONG JOHNS



☐ WATERPROOF JACKET



☐ SOCKS



☐ LONG SLEEVE



☐ SHORTS



☐ PJS



☐ UNDERWEAR



☐ FLEECE OR HOODIE



☐ PANTS

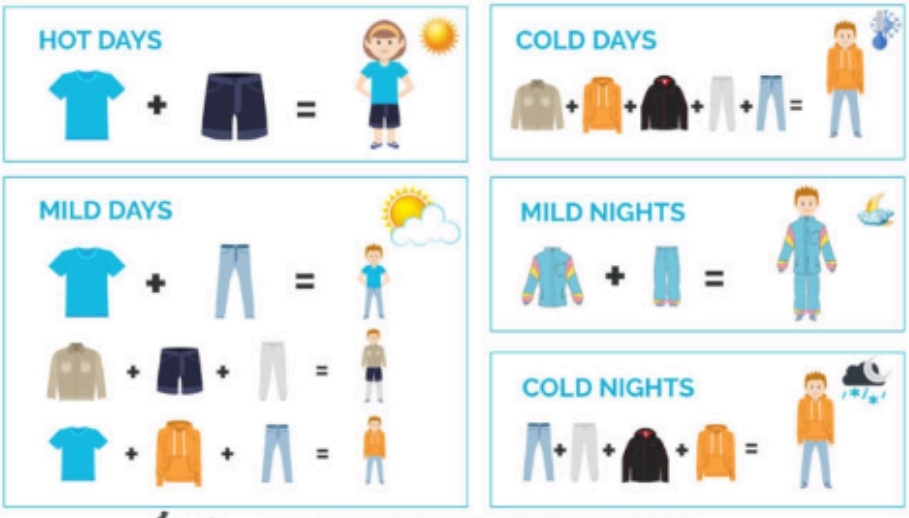


☐ BRIMMED HAT



☐ BOOTS + CAMP SHOES

HOW TO WEAR



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