

Packing for 4 weeks & Special Items for the Backpacking Trip

The traditional Packing List found in your online profile under **Forms & Documents** still applies to CITs. **We will provide an opportunity for CITs to do laundry at the midpoint of the session**, so it is only necessary to pack two-weeks of personal clothing.

A part of this month-long program includes a weeklong backpacking trip along the Superior Hiking Trail. Your leaders are trained to provide support and guidance through the entire planning and packing process at Camp. All general camping equipment will be provided by us: backpacks, tents, cook gear, water filters, first-aid kits, etc.

You are responsible for providing your own personal gear for the trip. Since you will be hiking the rugged terrain of the Superior Hiking Trail while carrying up to 50lbs on your back, it is important that you pack a few specific items that may not be found on the general packing list. **Please review this list and contact us if you have any questions or concerns.**

Footwear

- **(1) pair hiking boots or shoes** to be worn all day while on the trail and should provide ankle support and foot protection. **If you purchase new shoes or boots, make sure you break them in before camp to prevent blisters and other foot problems on the trail! Remember it takes 30-50 miles to properly break in a boot.**
- **(1) pair secondary footwear**, such as sandals or slip-ons that can be worn around the campsite.
- **(2 or 3) pair wool hiking socks (avoid cotton)**

Clothing

The best way to be prepared for quickly changing weather conditions is to use a layering system:

- **(1) Base layer top** closest to the skin should be of a quick-drying material, such as polypropylene,(again, try to avoid cotton). Your base layer is what you will be wearing most of the day while hiking so it should be quick drying, durable, and something that can get well-used and dirty.
- **(1) Insulation layer top** for warmth such as a fleece or wool jacket/sweater. This layer will mostly be worn during cool mornings or evenings around the campsite.
- **(1) Outer shell layer top** to repel water and block wind. This layer may consist of a rain jacket or water-resistant windbreaker.
- **(1) Base layer bottom** quick-drying/light-weight material (non-cotton), leggings or convertible hiking pants.
- **(1) Hiking shorts** quick drying/non-cotton gym or exercise shorts.
- **(1) Stocking Cap & (1) Sun-hat or Baseball Cap**

Personal Gear

- **Compressible Sleeping Bag & Compression Sack**
- **Rain Suit (pants optional)**
- **Therma-rest or sleeping pad (optional)**
- **Washcloth or Pack-towel**

*When packing clothing for the hiking trip, remember to AVOID cotton clothing for trail use. Cotton does not dry quickly or insulate when it's wet, actually making you colder than if you were wearing nothing at all. Also, keep in mind that trail clothes being worn during the day will see a lot of wear and tear. Windbreakers, fleeces, and button up trail shirts can be purchased very cheaply at thrift stores or from online discount stores: www.rei.com and www.backcountry.com often have good deals.