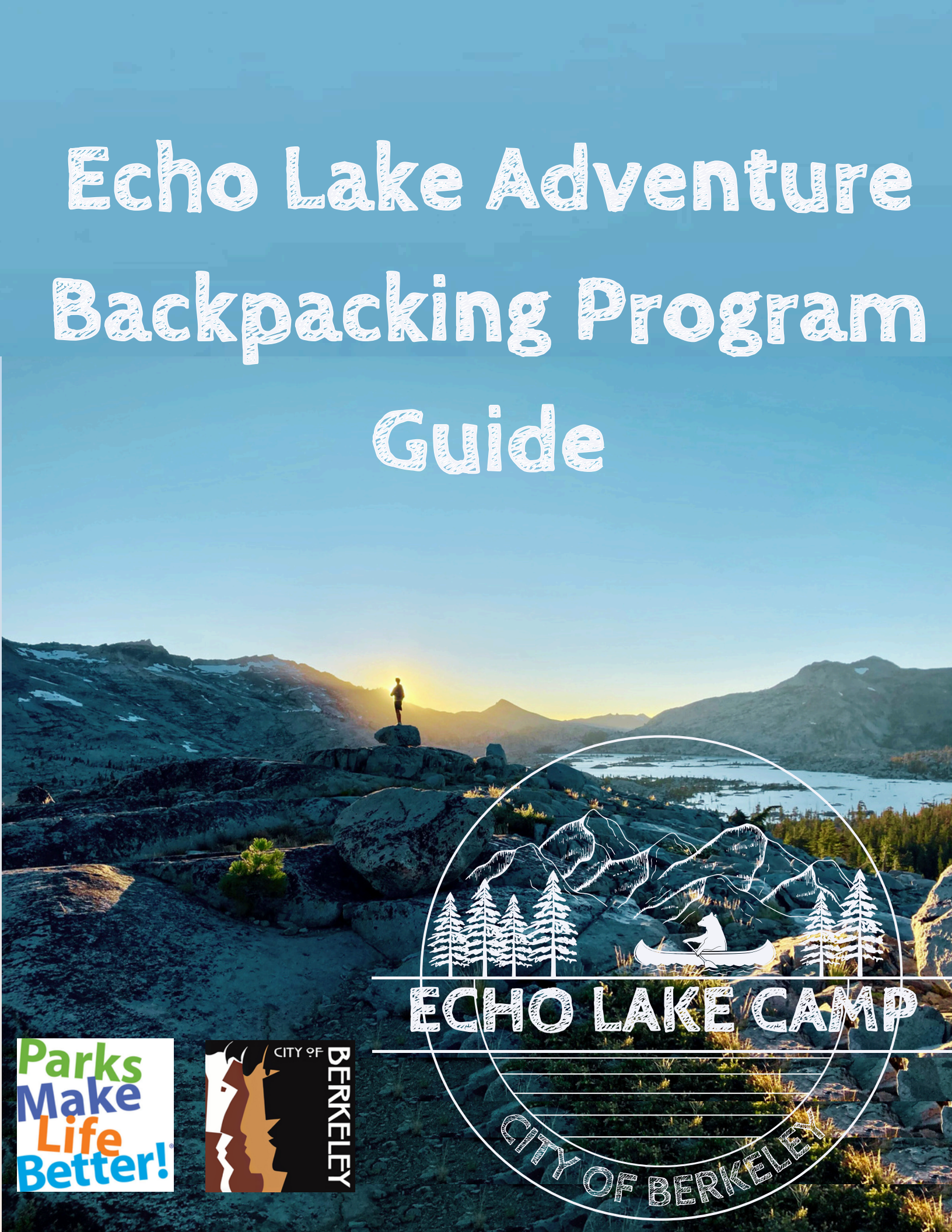
Echo Lake Adventure Backpacking Program Guide



Parks Make Life Better!

CITY OF BERKELEY

Program Description

The Adventure Backpacking Program (ABP) offers an amazing opportunity for a group of 10 campers (ages 13-17) to explore the beautiful wilderness of the Sierras. Our talented and highly trained staff will lead campers through a 3-day or 4-day trip in Desolation Wilderness where campers will...

- Make new friends
- Swim in beautiful alpine lakes
- Cook and camp in the backcountry
- Sleep under the stars
- Summit mountain peaks
- Have fun
- And walk away with an incredible sense of accomplishment, confidence, and responsibility as they overcome challenges as a team!

Campers will spend the first one to two days acclimating to the altitude and preparing for the trip. From there, our staff and campers will head out onto the trail. Upon returning to camp, campers will be treated to a celebratory dinner and will get to join the camp dance that evening. Examples of the trip itineraries can be found on the next page.

Each day of the trip will be full of exciting new experiences and outdoor adventure. Campers can expect to play an active role within the team, including leading their peers, being a part of group decisions, and learning to care for themselves and others while in the backcountry. All members of the trip will rotate through different responsibilities each day, such as helping to cook meals, cleaning dishes, setting up the campsite, etc.

Our 3-day trip is designed for those who are first timers or who are new to camping and backpacking. Our trip leaders will teach campers everything they need to know to feel comfortable and safe while on the trip. Our 4-day is designed for campers who have prior backpacking experience.

Please note, while no experience is necessary for our 3-day trip, campers for both of our trips should be in good mental and physical condition and be able to carry between a 40-50 liter pack while hiking (between 25-40 lbs). Hiking will vary between 3-7 miles a day and elevation will be between 7,500-9,750 feet.

Berkeley Echo Lake Camp will provide all food and backpacking gear (tents, sleeping bags, backpacks, etc.). Campers will only need to bring their clothes and sturdy shoes. For a look at our recommended packing list please check the end of this packet.

Trip Itinerary: 3-Day (Beginners)

Day 1: Arrive at Camp! Participants can either ride the bus or get dropped off at camp directly. Once there, campers will get settled in and start to prepare for the trip.

Day 2: A Day at Camp! Campers will spend the day getting acclimated to the altitude and learning some backcountry basics (like how to set up a tent and how to pack their backpack). Campers will have time in the afternoon to enjoy some camp activities.

Day 3: Leave for the Trail! Campers will embark on their first day of the trip. Campers will take the water taxi at the Echo Lake Chalet and then hike around 3 miles to their campsite at Lake of the Woods.

Day 4: Summit Day! Campers will spend the day exploring more of Desolation Wilderness! The day hike includes summiting Ralston Peak and swimming in Lake Aloha. Hiking this day will be around 6 miles.

Day 5: Head Back to Camp! Campers will pack up and head back to camp. On the way back they will stop by Tamarack Lake for lunch. Once they are back, campers will have a celebratory dinner and will be able to join our camp dance in the evening.

Day 6: Pack and Go Home! Campers will pack and go home on the bus or be picked up directly from camp.

***Each trip may vary slightly from above depending on weather and campsite availability.*

Trip Itinerary: 4-Day (Experienced)

Day 1: Arrive at Camp! Participants can either ride the bus or get dropped off at camp directly. Once there, campers will get settled in and start to prepare for the trip.

Day 2: Leave for the Trail! Campers will embark on their first day of the trip. Campers will be driven to the Glen Alpine Trailhead and hike 4.1 miles into Gilmore Lake, where they will set up camp for the first night.

Day 3: Summit Day! Campers will summit Mt. Tallac which has 360-degree views of Lake Tahoe and Desolation Wilderness. After summiting, campers will pack up camp and hike to Suzie Lake where they will spend their second night. Campers will hike around 5.5 miles on day 3.

Day 4: Hike to Aloha and Jabu Lake! Campers will pack up camp and hike to Lake Aloha, where they will spend their last night of the trip. During the afternoon campers will take a small hike to Lake Jabu. The hiking total will be around 4 miles.

Day 5: Head Back to Camp! Campers will pack up and head back to camp. On the way back they will stop by Ralston Lake for lunch. Once they are back, campers will have a celebratory dinner and will be able to join our camp dance in the evening.

Day 6: Pack and Go Home! Campers will pack and go home on the bus or be picked up directly from camp.

***Each trip may vary slightly from above depending on weather and campsite availability.*

Important Contact Info and Directions

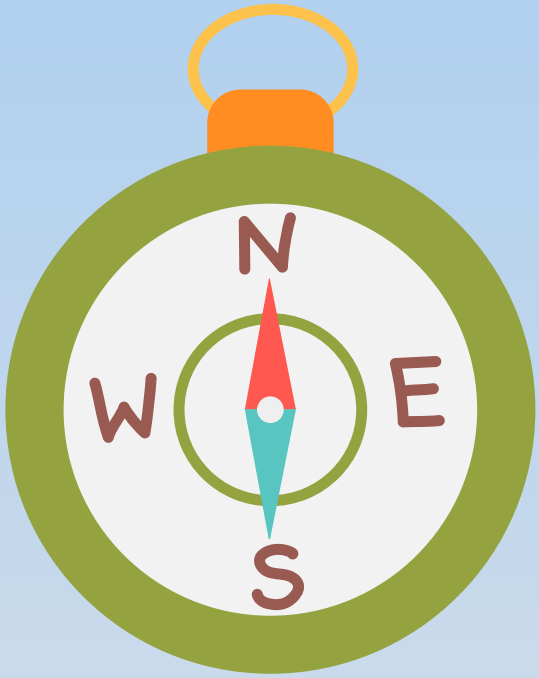
Contact Information

If you have questions or concerns prior to the start of camp please call the camp city office at 510-981-6422.

Camp Manager
Jill Reasor
Cell: 510-542-0637
Camp Office (Mid May-September): 530-659-7506
City Office (October-May): 510-981-6642
jreasor@berkeleyca.gov

Recreation Program Supervisor
Justin Pitcher
510-981-5144
JPitcher@berkeleyca.gov

City of Berkeley Camps Office
1720 8th Street Berkeley, CA
94710 510-981-5140
camps@cityofberkeley.info



Location and Directions

Echo Lake Camp is located just 15 minutes from South Lake Tahoe, CA. It takes approximately 3 hours to drive to Echo Lake Camp from Berkeley, CA.

Echo Lake Camp
7 Echo Lakes Rd.
Echo Lake, CA 95721

Directions from Berkeley

- Take Highway 580W / I 80 E from Berkeley towards Sacramento (2 miles).
- Follow I 80 E to Sacramento. I80 will merge with US – 50E/El Dorado Freeway (75 miles).
- Take US-50E, following signs for South Lake Tahoe to Echo Lakes Road / Forest Route 11N05 (89.5 miles).
- Turn left onto Echo Lakes Road / Forest Route 11N05 (1/4 mile).
- Turn left onto Echo Lakes Road. Follow Echo Lakes Road ¾ mile. Echo Lake Camp will be on the right.

Bus Information

The City of Berkeley provides supervised, round-trip charter bus transportation to and from camp. The Echo Lake bus stop drop-off and pick up will take place at Francis Albrier Community Center, 2800 Park Street Berkeley, CA 94702. Please see the map to the right. We ask that you drop off your camper no later than 8:00am so we can depart in a timely manner. We will send out notifications to all families with a more accurate ETA on the day of pick-up, but please plan on picking up your camper around 4:30-5:00pm.

Berkeley to Echo Lake Camp	
7:30 AM	Drop-off begins at Francis Albrier
8:30 AM	Bus departs Berkeley
11:30 AM	Bus arrives at Echo Lake
Echo Lake to Berkeley	
1:00 PM	Load Campers
1:30 PM	Bus departs Camp
4:30-5:00 PM	Bus arrives at Francis Albrier

Check-In Procedures

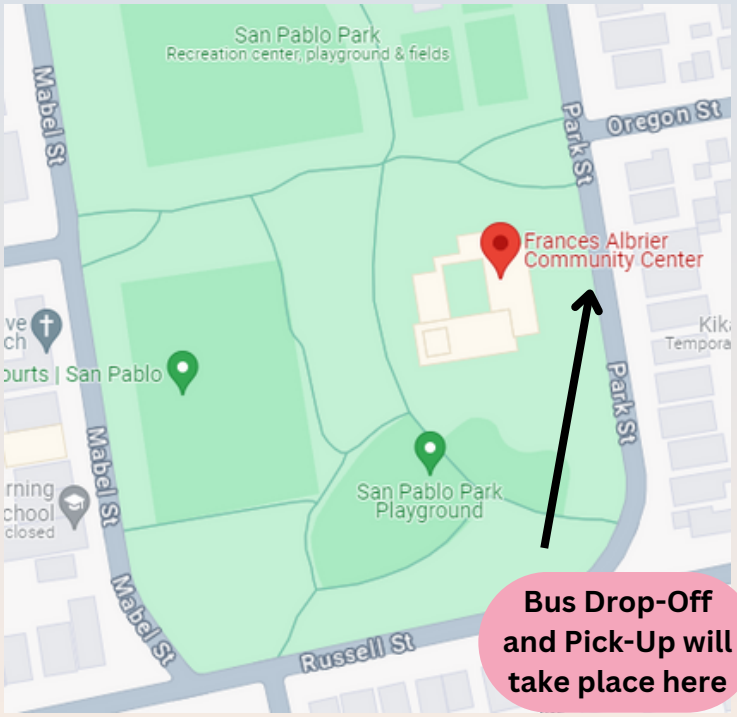
- Accompany your child to the check in area and remain with them until they board the bus to camp.
- Check-In with City Staff at the bus stop. Complete your health history form if you have not done so yet.
- Turn in any medications accompanying your child to camp (medications MUST be turned in to City Staff and may not be packed in your camper's luggage). See 'Medications' on Page 7 for detailed information.
- Drop off your child's luggage at the designated bus.
- Wave goodbye as the child boards the bus!

Transportation Day Safety

During transportation to and from camp, we take the following precautions to maintain a safe environment for campers, staff, and guardians:

- All medications accompanying campers must be left with City Staff at the check-in table.
- Parents release their camper to camp staff when they board the bus to camp. Please accompany your child until that time.
- Each bus group will be supervised by a minimum of one adult, not including the bus driver.
- A City Staff member aboard each bus will have a cell phone and a list of emergency contact information.
- All accidents/incidents will be documented and phoned in to City staff as soon as possible or immediately upon arrival at the destination.

If you have questions about Echo Lake Camp Bus Transportation, please send an e-mail to jreasor@berkeleyca.gov.



Drop-Off or Pick-Up at Camp

All parents and guardians must notify camp at least week prior (if you have not already) if you plan on dropping off or picking up your camper from camp. When you arrive at camp you can follow the signage to our short-term parking in front of our Dining Hall. If you are dropping your camper off at camp, check-in and check-out times are as follows.

Check-In- Monday, 11:30 AM - 12:30 PM
Check-Out- Saturday, 12:00 PM - 1:00 PM

Youth campers will check-in in front of our Dining Hall where they will be greeted by our camp staff. Campers will drop off any medications brought to camp, be shown their cabin, and then will say their final goodbyes.

Any additional medical information regarding medications, allergies, dietary restrictions not mentioned or described on the health history form should be mentioned at this step.

Late Arrivals

If you are planning to drop off your camper but are unable to arrive until after the designated check-in times, please call the Camp Office so that we can assist you and your camper(s) with the check-in process described above. Please call the Echo Lake Camp Office at (530) 659-7506 to confirm your anticipated arrival time. If possible, please call a few days before your arrival to ensure our staff are anticipating your late arrival.

Check-Out Times

Sad but true, eventually our campers have to go home. If you are planning on picking your child up directly from camp please reference the check-out times outlined above. Before you pick-up your camper, parents/guardians must sign their camper out at the Dining Hall or Office.

Authorized Pick-Up Person

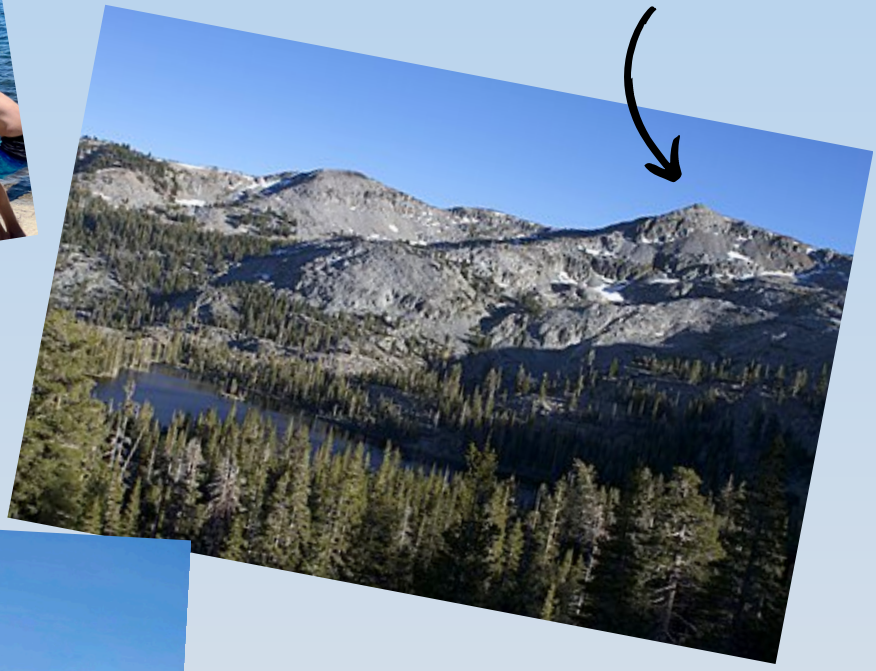
Authorized pick-up persons must be listed on your camper's authorized pick-up list given during registration. For your child's safety, campers will not be released to anyone not on the authorized pick-up list. If your Authorized Pick-up person has changed, you must notify camp via email at least one week prior to the start of camp.

If you have any questions related to check-in or check-out procedures please give us a call Camp Office, (530) 659-7506 or email the Camp Manager directly at jreasor@berkeleyca.gov.

Views From the Trip: 3-Day

Lake of the Woods

Ralston Peak



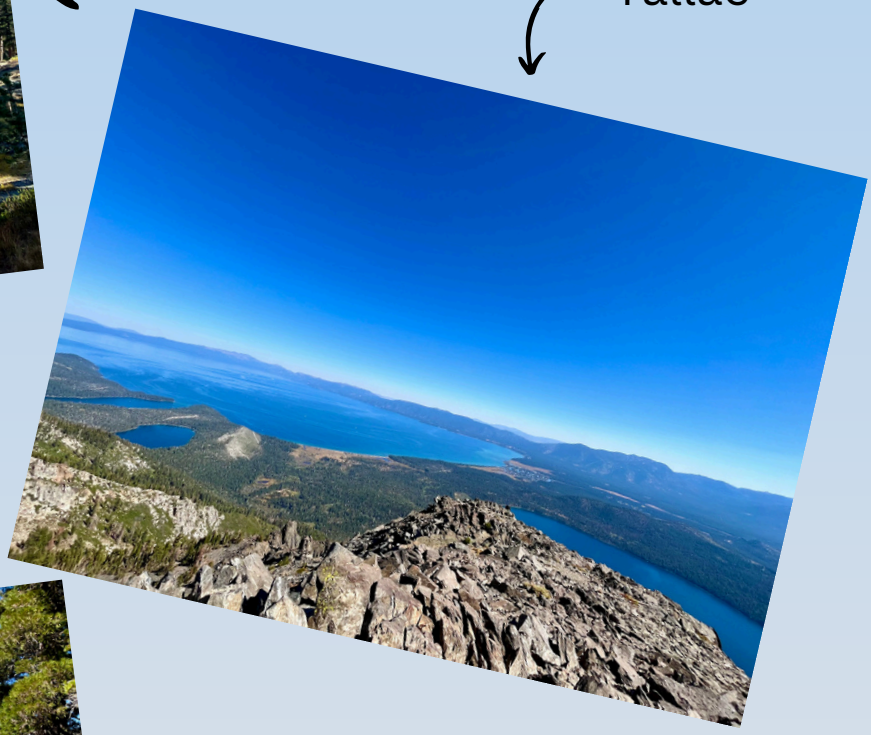
Lake Aloha

View on way down from Ralston Peak

Views From the Trip: 4-Day

Lake Gilmore

View from Mt. Tallac



Suzie Lake

View of Lake Aloha while walking along the PCT

Health and Trip Safety

While At Camp

There is a nurse that lives on site every week that assists with illness, accidents and general first aid. Most of our staff are also CPR/First Aid certified. Camp medical staff are available 24/7 in case of an emergency. The Nurse's Cabin is conveniently located in the center of camp. In the unfortunate event that an emergency occurs, please know that the nearest medical facility, Barton Memorial Hospital, is a fifteen minute drive from camp.

Barton Memorial Hospital
2170 South Ave
South Lake Tahoe CA, 96150
(530) 543-3420

While on Trip

Each one of our trips is staffed by 2 adults. Our trip leaders are among our most highly trained staff, and they receive additional summer training in wilderness safety and leadership, backcountry skills, youth development and teambuilding, and group facilitation and teaching. Between the two they hold certifications in Wilderness First Aid (WFA), CPR and lifeguard training.

Our talented staff, often past counselors at Echo Lake, share the responsibilities of bonding the group, actively staying in touch with camp while on the trip, supporting and caring for the campers' well-being, and conducting safe travels. Campers can expect their leaders to keep their confidences, prioritize safety (both physical and emotional), set appropriate limits, and have fun with the group.

If an emergency were to occur, our trip leaders carry a Garmin In Reach mini that will be used to contact our Camp Office. The Camp Manager and medical staff on site will respond to any emergency situation safely and efficiently, and will aid the trip leaders in deciding the best course of action. Parents and guardians will be promptly notified of any emergencies that may occur.

Camper Medications and Health History Forms

Health history forms will be available to fill out online before camp begins. All forms must be submitted at least two weeks prior to the start of the session. Please note, due to safety regulations, campers will not be allowed to carry any of their own medication (excluding an epi-pen or inhaler) while on the trip. Our trip leaders will be responsible for administering any medication designated on the health history form. If you will be sending any medications to camp, please follow the instructions below:

- Over the counter medications, prescribed medications, and vitamins MUST be sent in their original containers with the original pharmacy label.
- Regulations require camp medical staff to dispense medication only from the original container according to the prescribed dosage. Your local pharmacy can provide you with an extra container if needed.
- Prescription medications must be prescribed to the camper, and must not be expired. No exceptions.
- Camp will carry certain over the counter medication such as Tylenol, Ibuprofen, Claritin, etc. Please DO NOT send these meds with your child to camp unless they take them on a consistent basis. Please make sure to also indicate your approval to dispense these medications on the Health History Form.
- Complete and submit the Health History form prior to camp. Please include all medication and/or vitamins being sent to camp. Camp will not accept any medications if they have not been written on the Health History form.
- Only send the exact dosage (plus two extras) that your camper will need during their stay at camp.
- Pack instructions along with the medications in their original containers in a plastic bag and bring them with you to check-in. Turn them in at the check-in table.

Accommodations and Meals

Accommodations At Camp
Campers will stay in one of our youth-camp cabins during the first two nights, as well as the last night of their session. Our youth camp cabins are High Sierra tent cabins outfitted with bunk beds and mattresses. Campers must provide their own linens or sleeping bags, pillows and blankets. A more detailed packing list can be found on page 14-15.

While on Trip
Campers will be designated a tent group prior to the start of the trip. Each tent group will consist of 1-2 other campers, for a total of 2-3 kids per tent.

Can Campers Make Tent Mate Requests?
Yes! During the first day of camp our trip leaders will go around and ask each individual about their preference for tent groups while out on the trip (specific name requests, size of the tent, gender preference, etc.). Our trip leaders will then designate the tent groups accordingly and make sure each camper feels comfortable within their tent group.

If you have any additional questions and/or concerns in regards to sleeping accommodations please reach out to Jill Reasor, Camp Manager, at jreasor@berkeleyca.gov.

Meals at Camp
We pride ourselves on offering delicious and nutritious meals for our campers! During camp, we serve out meals buffet style, and campers may choose what they like from available options. Our kitchen staff and trip leaders will be available to assist campers and assure a comfortable dining experience.

Meals on the Trip
Meals will be pre-determined before the start of every trip, and will be geared towards providing campers plenty of energy for each day of hiking/exploring. We will provide three meals each day on trail (breakfast, lunch and dinner), as well as snacks throughout the day.

Special Dietary Needs
We are typically able to accommodate most dietary requests (vegetarian, vegan, dairy free, gluten free). Depending on the severity, we may request a consultation with the parent or guardian before the start of camp to talk about what options are available while on the trip.

If your camper has any special dietary need or food related allergy, please indicate this on your Health History Form.

Trip and Community Agreements

Our community agreements are intended to communicate expectations regarding acceptable conduct at camp and while on trip. Our goal is provide a healthy, fun and safe living/learning environment for all campers. We take our responsibility to safeguard the health and safety of each camper very seriously. Before camp, please discuss these community agreements with your camper.

Campers will respect themselves at all times.
This includes practicing good hygiene, getting enough sleep, wearing appropriate clothing, not leaving camp or the trip group without permission, and making healthy personal choices while at camp and on trip.

Campers will respect other campers and staff at all times.
This includes keeping hands to oneself, being polite and respectful to tentmates, not threatening other campers or using hurtful words, and asking for permission before using others' belongings.

Campers will respect our natural environment, camp buildings, and the surrounding area at all times.
This includes keeping a safe distance from wildlife, not littering and picking up all trash, not damaging trees, plants, or camp buildings, and being respectful towards camp's neighbors.

Consequences for NOT Following Agreements

With the exception of serious violations of Camp rules, behavioral management will normally begin at a minimal level, and proceed through the action steps listed below. If unacceptable behavior is severe, the Camp Manager or designee may terminate the camper's participation immediately.

1. First, the camper will receive a warning, and be politely asked to stop the behavior by our staff. Our staff will always work with the camper to discuss why this behavior is inappropriate and/or harmful, and work with the camper in finding a positive plan forward.
2. If the behavior continues, our staff may ask for assistance in trying to resolve the situation. Depending on the severity of the behavior, a phone conference may be requested with the parent/guardian to discuss the situation.
3. If the behavior still continues, the Camp Manager or designee will talk to the child and the parent/guardian to discuss possible solutions, up to and including dismissal from Camp.
4. If the inappropriate behavior does not stop, the Camp Manager or designee will terminate the camper's participation in the program, contacting the parent/guardian to make arrangements for their child to be picked up from Camp.

It is always our policy to always consult with parents/guardians on positive strategies for dealing with campers who display inappropriate behavior while at Camp.

When the welfare of the camper, other campers, or camp property/equipment is jeopardized, the parent/guardian will be notified to pick up their camper at their own expense. Travel arrangements will always be made in advance with the parent or guardian.

Please note that no refunds will be given if participants are terminated from the program on the basis of poor behavior.

Communication and Mail

Contacting Campers in an Emergency

Should you need to contact your child at camp or while on trip under emergency circumstances, please do so through the Echo Lake Camp Office at (530) 659-7506, or through the Camp Manager at (510) 542-0637. Should your child need to call home, our Camp Manager will arrange a time with you, and together with your child, they will make the call home.

Cell Phone/Smart Devices

We do not allow our campers to carry cell phones or use any smart devices (i.e. Apple Watch) during any of our programs. We understand that cell phones are becoming an increasingly prominent part of our lives, and that many of our campers may have cell phones of their own that they use for a variety of tasks. We also believe that the Echo Lake Camp experience provides a unique opportunity for campers to unplug, to connect with their peers in a natural outdoor environment, and to develop a greater sense of independence. For those reasons, we do not allow campers to carry cell phones during their camp experience.

We strongly encourage parents to collect and hold any personal electronics prior to departure. Any cell phones brought to camp will be collected by camp staff and held in our Camp Office for the duration of the camp program. Devices will be returned to parents or guardians at the end of the session.

Can Campers Bring Cameras?

The answer is YES! We want campers to take home lasting memories from camp, and the use of cameras is encouraged. Simple point and shoot or disposable cameras are best suited for camp. Our camp staff are also tasked with taking photos of all our amazing camp activities (these photos will be shared with parents and guardians during camp so they can share in all the fun being had). *For the privacy of our campers, cameras may not be used in changing rooms, cabins, or bathrooms. Failure to follow this directive may result in the collection of the camper's camera, which would be returned upon camper's return to Berkeley at the end of the camp session.*

Sending Mail to Your Camper

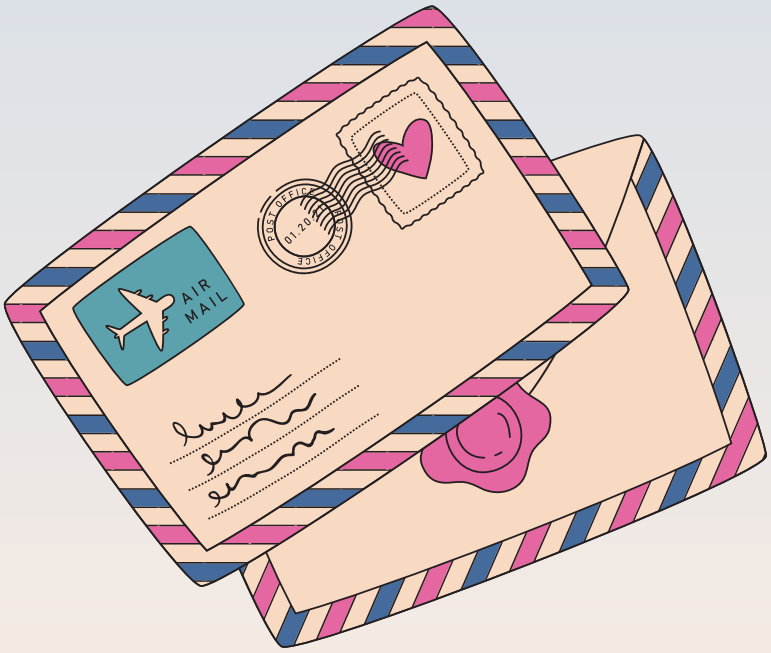
We love care packages, postcards, and letters from home! Care packages that include all members of the trip (small items to share with the trip group, such as stickers, cards, or group games) are particularly enjoyable.

PLEASE DO NOT SEND FOOD TO YOUR CAMPERS!

We share camp with a variety of wildlife and therefore food in cabins serves as an unwelcome invitation for these visitors.

Please allow enough time for the mail to reach your camper before the end of their session. Any mail for your camper will be passed out on Monday, Tuesday or Friday after the trip returns to Camp. It can sometimes take more than a week for letters/packages to arrive at our local post office. Any mail received after your camper's session has ended will be returned at the sender's expense. The last day campers receive mail is Friday each session. Please address all mail using the following outline:

Camper's Name
Camp Session #
Echo Lake Camp 7 Echo Lakes Rd.
Echo Lake, CA 95721



Preparing for Camp and the Trip

Preparing for camp can be both a fun and nerve-wracking process. For some campers, packing and planning for their week is a part of the adventure. For others, this may be their first experience away from home, or their very first experience backpacking, and they may not know what to expect. The thought of being away from home for several nights, as well as being out in the backcountry, may be challenging and scary, and that's okay!

As you and your campers prepare, please consider taking some time to talk about what camp and the trip may be like, what your campers' expectations are, and how you can support your camper from home while they are away. Let them know that our trip staff are always there to support them, and they can always turn to them if they need help in any way. Be encouraging and reassuring that your camper will have a memorable and fun time.

The First One to Two Days of Camp

Each trip is designed so the first one to two days are spent at camp. This is intentional--we want campers to have time acclimating to the altitude, getting to know their fellow trip mates, and preparing to spend time in the backcountry. Our trip leaders will lead campers through a series of group games and bonding activities so the group as a whole feels prepared, excited and connected before they head out on trail!

Missing Home (aka Homesickness)

Missing home is a normal part of the camp experience and can affect both our new and returning campers, and younger and older campers alike. We know that a camp experience may be a big step out of some of our campers' comfort zones, and that being away can sometimes lead to missing and wanting to return home. It is okay to talk with your camper before camp about the possibility of missing home. We encourage you to talk with your campers about what do if they find themselves missing home. Effective strategies include:

- Talking with their trip leaders
- Writing a letter home
- Emotional distress strategies (body scans, box breathing, 5 senses orientation)
- Journaling or drawing

Please DO NOT tell your camper that you will pick them up or that they can come home if they are really missing home. This idea can stay in your camper's mind and influence poor behavior. Rather, the best ways you can support your camper is to walk them through the strategies above, let them know that you are proud of them and believe they can do it, and continue to show them love and support by answering questions before they arrive and by sending letters/packages during camp.

In our experience, phone calls can often increase feelings of homesickness in campers. Therefore, outside of more severe cases of homesickness or emergency situations, we do not allow phone conversations between campers and family members while at camp. We will however continue to keep parents/guardians in the loop if their child is having a hard time, and will consult the parent/guardian on the best course of action to ensure their camper feels supported while at camp!

Weather and Packing List

Echo Lake Camp is located in the Sierra Nevada Mountains above 7,400 feet; such elevation can have an effect on the body. High altitude means thinner air, which could lead to shortness of breath and dehydration. Echo Lake staff are conscious of the physiological effects that altitude may have on our campers, and will ensure that your camper is constantly drinking water and taking care of their body. As camp is located in the High Sierra, weather changes occur quickly. During the day, temperatures range from 70 to 80 degrees and drop to the 40s or 50s at night. The sun is stronger at higher altitude and the wind picks up quickly. Rain and thunderstorms can occur at camp, and mosquitoes are present during dawn and dusk. Make sure to pack sunscreen, bug repellent, and rainwear.

Our recommended packing list is shown on the next two pages (while at camp and while on the trip; many of the items for the trip can double for things worn at camp). **Please note, Berkeley Echo Lake Camp will provide all gear needed for the trip (but if your camper would like to bring their own gear that is okay as well).**

Please help your camper pack appropriate clothing for our colder weather, as well as some sturdy shoes for our uneven terrain. Updated weather information will be sent out in an email a week prior to the camp start date. Please clearly label all of your camper's clothing and items brought to camp. This will greatly help us ensure your camper's items will return home with them!

Packing List (While at Camp)

Clothing
- Jeans/Pants
- Shorts
- T- Shirts / tank tops
- Long sleeve shirts
- Socks
- Underwear
- Warm pajamas
- Leggings / warm pants
- Sweatshirt/Warm Jacket
- Rain Jacket
- Hat/ Beanie
- Bathing suit
- Sunglasses
- Costumes / silly clothes for camp dance!

Please label all items!

Shoes
- **Closed-toed shoes of some kind (required)**
- Flip flops or sandals (for the tent and showers)

For the Cabin:
- Warm Sleeping Bag
- Extra Blanket(s)
- Pillow(s)
- Twin Sheet

Please label all items!

Other Items
- **Water Bottle (required)**
- Camera
- Self-addressed stamped envelopes
- Pens or pencils
- Book/Sketch Pad

Toiletries
- Labeled toiletry case
- Medicines (turned in to Camp Staff at Check-In)
- Menstrual products
- Towels
- Wash cloth
- Shampoo/Conditioner
- Toothpaste/brush
- Chap Stick/Lip Balm
- Sunscreen
- Bug Spray
- Eyeglasses / Contacts
- Contact Solution
- Face cleanser/wash
- Hairbrush / Comb
- Moisturizer / Lotion
- Razor

DO NOT BRING

Cell Phones or other electronics (including iPods, watches, radios, etc.), alcohol, drugs, or tobacco products, money, matches or lighters, weapons of any type, candy or food, expensive make-up or clothing, or fireworks

Packing List Continued

As a reminder, Camp will provide all gear listed under the "Gear" section, but if campers would prefer to use their own items they are welcome to do so. As a general rule of thumb, all clothing brought for the trip should be lightweight, comfortable, and things that can be layered easily for temperature management (please see our layering graphic on the next page for more details). **If you can, try to pack non-cotton clothing items for the trip (cotton takes a much longer time to dry out once wet/damp). Materials that wick away moisture are best (i.e. synthetics like polyester and nylon, or natural fibers like merino wool and silk)**. If you have any further questions about what your child should pack for the trip please reach out to the Camp Manager.

Packing List (While on the Trip)

Clothing

- T-shirt (1)
  - Should wick away moisture (not cotton)
  - Lightweight synthetics work best (i.e. polyester and nylon)
- Long Sleeve/Sun-Shirt (1)
  - Should wick away moisture (not cotton)
  - Lightweight synthetics work best (i.e. polyester and nylon)
- Hiking Pants (1)
  - Should be comfortable, loose pants or leggings okay, no jeans
- Shorts (1)
  - Should be comfortable/loose fitting, no jeans
- Warm Baselayers (to wear/keep warm at night)
  - Long underwear bottom (1)
  - Long underwear top (1)
  - Fleece or wool are best
- Warm Jacket (1)
  - Synthetic or down puffy, fleece, or wool pullovers, jackets, hoodies, etc.
- Rain Jacket/Poncho (1)
  - Must have a hood
- Underwear (3)
  - Synthetic material is best (not cotton)
- Hiking Socks (2-3)
  - Wool is best!
- Sun Hat (1)
- Warm Hat/Beanie (1)
- Gloves (1)
- Bathing suit (1)

Please label all items!

Shoes

- Sturdy Hiking Boots or Trail Runners (1)
  - Lightweight is okay, comfortable, should provide good support, not brand new
- Water shoes/shoes to wear at the campsite (1)
  - Old sneakers or sandals that can get wet and won't fall off are best
  - Chacos, Tevas, Crocs, etc.

Other Items

- **Water Bottle (2) (required)**
  - Nalgene 32 oz. water bottles are great
- Sunglasses
- Medium sized towel
  - Small, light-weight/fast drying towels are best
- Toothbrush/toothpaste
- Chapstick w/ sunscreen
- Hairbrush / comb
- Eyeglasses / Contacts / Contact Solution
  - small bottle great
- Sunscreen / bug spray
  - small bottles great
- Optional: camera, book (should be lightweight), cards, journal
- Optional: Camelback or other backpack-style water bag with drinking tube
- Optional: Small inflatable pillow

Gear:

- 45-60 liter backpacking pack, internal or external frame
- Small backpack for day hikes and outings
  - Best if it can compact down
- Warm sleeping bag (not cotton) and stuff sack
  - 40 degree rating is best
- Insulated sleeping pad
  - Inflatable or foam ok
- Flashlight or headlamp and extra set of batteries
- Eating kit
  - Lightweight bowl
  - Spoon and fork, or spork
  - Lightweight cup or mug
- Tent
  - 1-2 person (lightweight is better)

***Camp also carries all the supplies listed above. These items are available for participants to use for the trip if needed. Please note, camp provided backpacking packs and sleeping bags may not fit your camper perfectly. We do carry a range of sizes, and will do our best to fit each gear item accordingly.*

A Quick Guide to Layering

Layering is key to packing efficiently and keeping cool/warm while backpacking. Below is a guide to help you with packing for the trip. If you would like to learn more, visit here.

Base Layer or Inner Layer

- As the next-to-skin layer, a base layer's job is moving perspiration away from your skin, aka "wicking
- Bring lightweight synthetic fabrics, like polypropylene, polyester and nylon, or natural fibers like merino wool and silk
- Base layers include t-shirts, long sleeve shirts, underwear/sport bras, and long underwear tops and bottoms
  - Any summer shirt is really a base layer, so look for ones that offer wicking
  - Underwear like briefs, boxers and sport bras will be more comfortable if they also wick
  - UPF-rated base layers give you added sun protection
  - Cotton base layers can be okay if worn on a super-dry, scorching summer day (not recommended as Desolation Wilderness tends to have cooler weather)

Mid-Layer: Insulation

- Can shed it or add it many times a day to regulate body heat
- The insulating layer helps you retain the heat that's radiated by your body. The more efficiently this layer traps that heat, the warmer you'll be
- Many options available...
  - **Polyester fleece:** stays warm even if it gets damp and dries fast. Fleece also breathes well, so you're less likely to overheat in it. Doesn't block wind, so best used with a wind resistant outer shell.
  - **Down insulated jackets:** Highly compressible for easy packing, down offers more warmth for its weight than any other insulating material. Offers some water and wind resistance, but loses insulating efficiency when damp.
  - **Synthetic insulated jackets:** Synthetics don't compress down as well, but they're a popular option because they retain insulating ability when they get damp. Offers added water and wind resistance.

Outer Layer: Rain and Wind Protection

- The outer layer (or shell layer) protects you from wind and rain
- Shells include rain jackets or ponchos
  - Should have a hood, be water-resistant or waterproof, as well as breathable
  - Water-resistant is better suited for high activity levels, and should be fine for this trip