



## **Rock Lake Christian Assembly Pack List - UP Backpack Trip**

We are looking forward to this trip. If your kids have any camping gear, they are welcome to bring it.

**Remember – everything we take, we carry.** If you bring it to the camp and we decide not to take it, it will be locked up till we return. Tents are provided, but if you have a backpack tent that you would like to bring, please do so. Backpacking backpacks are also provided, but if you have one you would like to bring feel free to do so. Backpack should be big enough to carry all items on this list additionally you will need room for food. Food and snacks are provided by RLCA.

- Good, comfortable shoes or hiking boots. These must protect the whole foot. No sandals when hiking.
- Water bottles (a couple of 32oz bottles will be enough or a hydration bladder, camelback type)
  - o **Campers must have enough water to last the day. Each camper should plan on carrying 64 ounces.**
- Sunscreen
- Bug spray
- Bug head-net
- Compass (optional)
- Whistle (optional)
- Long handled plastic spoon (good option is a McFlurry spoon)
- Toothbrush, toothpaste, deodorant, hand sanitizer (travel sizes and biodegradable)
- Flashlight or headlamp
- Small towel
- Bible (small), Pen
- Mission Money
- Large garbage bag
- Chap Stick
- Camera (optional)
- Clothes
  - o Hiking pants
  - o Ball cap or visor
  - o Shorts – athletic type shorts or other lightweight synthetic material, preferable not blue jeans
  - o Pants for night, if it gets cool
  - o 2 pair of comfortable socks (lightweight Merino wool are nice)
  - o Swimsuit (Please refer to Dress Code.)
  - o Fleece jacket or hoodie
  - o Lightweight sandals or water shoes for around camp (optional)
  - o Rain gear or poncho
  - o 3 lightweight synthetic shirts or t-shirts
- Sleeping Gear
  - o Pad
  - o Lightweight sleeping bag (mummy style)
- Something to keep items dry in case of rain while hiking. Pack cover or dry bag or large garbage bag.

***Personal medications / nutritional supplements / herbals must be in original container and will be given to the Health Officer with appropriate instructions during the Check-In process.***

If you have any questions, please feel free to contact Luke Essex at [luke@rlca.org](mailto:luke@rlca.org) / 517-214-3358.