



**Adventure Trips at Anokijig** are designed to be safe, exciting and outrageously fun! Here are a few words to help you prepare to have a great trip.

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#### Trip Participants:

We just want to give you a little more information about the gear mentioned on the CLOTHING AND PERSONAL GEAR CHECKLIST on the opposite side of this page. This means that the less gear you carry, the better your trip will be. You should also be aware that if you are on a trip that is anywhere near water, you will most likely get wet during the adventure. Therefore, be sure to make your clothing choices with this in mind.

Your dirty clothes bag can be as simple as a small plastic grocery bag. The best pant you could bring on the trip is a nylon or Gore-Tex style wind pant to go over a pair of shorts. This will protect your legs from the sun and those nasty mosquitoes. These types of pants are very light, and dry easily. If all you have are blue jeans, bring them along, but remember that if jeans get wet, they take a long time to dry, and weigh a lot when saturated with water.

Two long sleeve t-shirts would be great. One should be heavy weight as nights can be cold. The other should be lightweight in case of warmer weather. Bringing a light jacket is good, but if you bring nylon pants, bring along a nylon top also – that can double as your light jacket and sun protection. If you have a breathable rain suit, this can replace a nylon jacket and pants. Breathable rain gear is a wonderful item. It keeps the rain off you and allows perspiration to escape so you don't get soaked by your own sweat. A bandana can be used as a headband to stop sweat from dripping in your eyes, and a sun hat is a must to protect your scalp and face from the sun's powerful rays. We will be spending a lot of time on the water for all trips. Sandals with a heel strap work well for on the river, and a light pair of camp shoes (running or tennis shoes) works well for nighttime activities. At night you will want to take your sandals off to dry, and put a dry pair of shoes on.

Blue jean shorts will work the same as blue jean pants, **heavy and useless when wet**. Try to bring a pair of quick drying shorts or a swimsuit bottom. The items that dry the quickest are the best. All of the personal items on the trip are optional except a small plastic flashlight, mosquito lotion (no sprays as they will go off in your pack), and SPF 30 (or higher) sunblock. If you wear glasses, bring an extra pair with you, especially if your vision is bad without them. If you do not bring an extra pair with you, I can almost guarantee your glasses will break. A camera would be good to have to retain your memories; or a journal if you wish to record your experiences.

This long letter is almost done. When packing your gear, use the roll method of packing. The roll method is to fold your clothes into a square and then roll it into a shape much like a rolling pin. This will allow you to pack things much easier. Practice at home and compare the difference to conventional packing.

*Pack only what you need, practice roll packing, and check off your gear as you pack it. If you bring excess gear, you will have to leave extra's at Anokijig.*

If you have additional questions, please call the camp office.

See you soon!

## Camp Anokijig Adventure Trip Packing Guide

*Participants in Adventure Trips* should plan to bring enough clothing and gear for two phases of the program, the “In Camp” portion and “On the Trip” portion. Please refer to the Parents Checklist sheet for the “In Camp” portion. For the “On the Trip” portion refer to the lists below. All “In Camp” items not taken on the trip will be stored for the participant. If you have any questions or concerns, please call the camp office.

### General List for all Trips

(✓ off when packed)

- 4 pairs of underwear
- 4 pairs of socks
- 2 short-sleeved shirts
- 2 pairs of shorts
- 2 long-sleeved shirts
- 1 pair of pants
- 1 swim suit
- 1 light, water proof jacket
- 1 pair of sandals with heel strap
- 1 pair of comfortable camp shoes
- 1 sleeping bag
- 1 wide-brimmed hat
- 1 bandana
- 1 water bottle
- 1 small flashlight
- 1 bottle of sunblock
- 1 pair sunglasses w/strap
- 1 towel
- General toiletries

### Additional for Lake Superior and Apostle Islands Trips

(✓ off when packed)

- 1 extra set of warm clothes to sleep in (long underwear, sweats, flannel lounge pants)
- 1 pair water shoes or aqua socks
- Wetsuits are Provided!

### Additional for Whitewater Trip

(✓ off when packed)

- 1 pair water shoes or aqua socks

### Things NOT to Bring!

- Electronic devices (i.e. CD players, game systems, etc.)
- Anything you don't want to get wet and dirty

- Expect to live as a part of a group. This means working as a team and sharing in the responsibilities and daily tasks.
- Expect to be physically and mentally challenged. Living in outdoors can be hard work.
- Expect to treat nature with respect.
- Expect changes in the weather. If it rains we continue on and have a great time.
- Expect to learn a lot about yourself, your team, and come back with great memories and, just maybe, a new perspective.

