



FORT WILDERNESS

Prep Guide Journey: Pictured Rocks

Preparing for your Journey

Thanks for joining us! We're so excited for the adventure that lies ahead. We ask that you do your best to stick to just what is on this packing list. Additionally, you may be asked to help carry gear for community use depending on the ability and space you have.

If you have any questions or concerns as you pack, please reach out. We'd love to help. Here are some helpful tips and best practices to make the packing process easy and successful!

Clothing:

With clothing, quick-dry moisture wicking materials are always better. They will help keep you drier, warmer, and happier on your trip. The idea is to have an inner layer that pulls sweat away from your body to keep you dry, middle layers that provide insulation to keep you warm, and a waterproof top layer to protect you from rain if needed. To save space and weight we will have to re-wear some clothes on this trip, but don't worry, we will all be in the same boat and smell together. It's just a part of the experience!

Show up on the first day of your journey wearing clothes you plan on taking on the trail.

- 4 T-shirts
- 4 pairs of shorts
- 4 pairs of underwear
- 1 long sleeved top
- 1 sweatshirt - A thicker/heavier one will be better at keeping you warm in the evening.
- 1 pair of long pants – Not jeans please! They're no fun to wear if they get wet.
- 1 PJs - Something warm to sleep in like sweatpants or fleece pants.
- 1 swimsuit
- 1 rain jacket
- 1 pair of rain pants (if you have them)
- 1 pair of dry shoes comfortable for walking/hiking
- 1 pair of wet shoes that are strapped and secured to your feet. We will use these for stream crossings and for walking around camp in the evening.

Hygiene and Personal Items:

Try to condense these items as best as you can.

It will be helpful to put your toothbrush and toothpaste in a plastic bag to keep them together. Additionally, put your bible, notebook, and pen in a separate plastic bag.

- Toothbrush and toothpaste
- Sunscreen
- Bug spray
- Shower Bag – Plan on bringing a bag with shower supplies, a clean towel, and a clean change of clothes to use when we get back from our trip. Just know that everything you leave in here will not go on the trail with us.
- Pen
- Notebook or journal
- Bible – Bring one that could get wet or lost. We have extra bibles on hand if you'd like to borrow one.

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Gear:

Having the right gear is crucial to having a good trip! As you collect these items, make sure that they are in good working order and ready for your use. Additionally, please ensure that your sleeping bag is rated to at least 30 degrees. If you are unsure of how to check, don't hesitate to reach out. Remember that if you need a sleeping bag, we have a some to check-out.

- 1 Sleeping Bag
- 1 Headlamp or Flashlight
- 2 Water Bottles
(32 oz. or more with a screw-top lid)
- 1 Hat or Cap for sun protection
- 1 pair of Sunglasses – Polarized are better for viewing wildlife under the water!

Extra Items – These items are non-essential, but feel free to pack them if you would like.

- Sleeping Pad – Small and light weight, designed for backpacking
- Stocking Cap – To wear while sleeping
- Lip Balm

DO NOT BRING:

- Anything that smells – i.e. lotion, deodorant etc.
- Electronics
- Anything that you value and might get ruined if it gets wet
- Watches
- Pillow
- Knives or Weapons
- Alcoholic beverages or drugs and tobacco products

Health History Information:

A health history form and liability release must be filled-out and signed by a parent or guardian. This can be done as a hard copy, or on-line (preferred) and is due at the same time as your payment. Your child cannot attend camp if we do not receive these forms prior to their arrival.

Insurance:

Each family is responsible for their own camper's health/accident insurance while they are at the Fort.

Paperwork checklist:

- | | |
|--|--|
| <input type="checkbox"/> Camper fees paid on ___ / ___ / ___ | <input type="checkbox"/> Health History Form sent on ___ / ___ / ___ |
| <input type="checkbox"/> Liability Release Form sent on ___ / ___ / ___ | <input type="checkbox"/> Insurance Information sent on ___ / ___ / ___ |
| <input type="checkbox"/> Food allergy info (if applicable) sent on ___ / ___ / ___ | <input type="checkbox"/> Transportation info (if applicable) sent on ___ / ___ / ___ |

Common Questions

When do campers arrive and depart?

Camp begins on Saturday - Check-in at 11:00am

Campers depart on Friday – Pick-up at 10:00am

When are camper fees due?

Camper fees are due, in full, no later than **2 WEEKS PRIOR** to arrival.

What if I have to cancel?

Each registration deposit is non-refundable and non-transferable.

What if my child has medications he/she needs to bring on the journey?

On opening day of camp, the Nurse will check in all medications. The health form has a list of medications provided by Fort. Parents and campers will meet the Nurse at registration time and be able to discuss any additional information. Medications are then dispensed when needed by appropriate medical staff throughout the week.

How are health issues handled on the trail?

A trained and certified emergency medical responder will travel with each trip. We will work with special conditions, allergies, or concerns on a case-by-case basis. Filling out the health form accurately and completely at registration is important so we can serve you well.

What if my child has food allergies and/or a special diet?

For any food allergy, we want to help. The nature of the trip allows some flexibility with food - Please email at the same time of registration to be sure we can accommodate your needs. Contact the Adventure Program Manager, Gunnar Koehn at gunnarkoehn@fortwilderness.com

What equipment does Fort Provide?

Fort provides all necessary equipment such as tents and packs. Your personal belongings and required items can be found on the packing list above.

Is backpacking experience required?

No experience required! We will teach basic backpacking skills and help you feel comfortable once we hit the trail. The packs could weigh as much as 50 lbs and the trail is moderately challenging so being in general good shape is needed. We hike five to eight miles a day.

Can I bring my phone?

This is an unplugged adventure! No phones allowed. Trip leaders have phones for emergency purposes.

What are the sleeping arrangements?

We have high-quality four person tents that two-four people share.

What about bathrooms and showers?

Pit/vault toilets will be provided at all campsites we stay at. Showers will be available upon returning to camp the night before pickup.

How will problems be handled?

The following steps will be taken in working with any camper who has broken rules, regulations or is disrespectful to other campers or camp leaders:

1. A leader will talk with them to see if the problem can be resolved.
2. If the problem persists, the trip leader will call the parents and inform them of the problem.
3. If the problem continues, the trip leader will call the parents to arrange immediate transportation home for the camper, without any refund of camping fees. Automatic dismissal of any camper that is stealing, possessing drugs/alcohol/firearms, or physically abusing another camper is at the discretion of the trip leader and will be dealt with swiftly, without any refund of camping fees.

What about transportation options?

A bus or van is available to and from Fort Wilderness for an extra cost (check the website for details). To view the bus schedule, go to fortwilderness.com/transportation/