



# Welcome to Winter Camping!



If you've been curious about winter camping, but too nervous to try it on your own, then this trip is just for you! This is a chance to learn new skills and try new things, while still having a safety net of support around you. And best of all, you get to step outside your comfort zone with a group of thoughtful and encouraging people who are also here to learn, grow, and have fun. You're going to love the experience.

The trip begins bright and early with breakfast on Friday at Amnicon! You'll meet your travel companions, do some packing & orientation, and then we'll drive you to the Superior Hiking Trail. If you'd like to arrive on Thursday evening, you're welcome to stay at Amnicon the night before the trip to help make Friday easier. On the trail, we'll spend a day building quincies (snow shelters) and setting up our base camp. We'll spend

another day enjoying the trails and hiking to an overlook. Every day we'll have the chance to dig deep into life together around some hot drinks & a fire.

## Frequently Asked Questions about the trip:

### What are the bathroom facilities like?

Campsites have pit toilets that are often referred to as "Ranger Boxes". They are down a path and out of view of the campsite. It's like sitting on a toilet seat without any walls. It might be a little weird your first time, but once you get used to it, the view is quite nice!



### Is it really possible to stay warm enough?

Yes! It really is! Follow the packing guidelines in this list, and let us know if you have any questions.

# Adventure Trip Packing List

## Packing Guidelines:

- **AVOID COTTON!!!**
  - Cotton takes a long to dry, and keeps you cold while wet
  - Instead, choose synthetic or wool items, which can keep you warm while wet
- **Pack Minimally but Smartly** You have to carry what you bring!
  - Think comfort, function, & necessity. Don't worry about fashion or brand names, just the guidelines below.
  - Each item of clothing is a tool that you can use to help you for various weather situations.
  - Bring layers that can be worn together. For example, make sure that one of your hats can be worn underneath your other hat. Make sure that you outermost layer (your winter coat or waterproof shell) fits over multiple layers of sweaters & pants.
- **Gear:**
  - Amnicon provides food and gear like tents & cooking equipment

## Required Items:

- **Health Form:** Must be signed by a licensed medical professional. A copy of a physical from within 1 year of the trip may be substituted for the doctor signature.
- **Medications:** In original bottles, with dosage and expiration date information. A pill organizer may be brought in addition to original bottles.
- Sleeping Bag, rated to at least 5°F (or two sleeping bags each rated to at least 35°F)
- Warm, waterproof boots that are large enough to be worn over two pairs of socks.

## Highly Recommended Items:

- 1 long-sleeved base layer shirt
- 1 light-weight sweater
- 2 or 3 warm sweaters or fleeces \* (Wool or Synthetic only. No cotton sweatshirts!)
- 1 pair long underwear pants
- 1 pair warm pants, fleece or similar
- 2 or 3 pairs warm/wool socks
- 2 warm stocking hats that can be worn together
- A quilted/down/puffy, insulating layer for both top & bottom
- Water proof shell for both top and bottom
- 2 pairs mittens or gloves
- A scarf or neck gaitor
- Water bottle (32 oz. with screw-on top) \*
- Travel mug, leak-proof/fully sealable
- Headlamp/Flashlight, extra batteries
- Sleeping pad, full-length, rated to R4 (or two rated to R2)
- Personal hygiene items (toothbrush, contact solution, feminine hygiene products, etc.)

## Optional Items:

- Sunglasses or ski goggles
- Card game, journal, or book to read (wrapped in plastic!)
- Camera (wrapped in plastic!)\*
- Snow shoes

\* We have some loaners of starred items available.

## For use in-base, or before/after the trip

- Clean clothes for the car ride home
- Toiletries to shower at camp after the trip
- Money for the camp store (t-shirts, water bottles, stickers, etc.)

## What NOT to bring to camp

- Precious Items, Clothes, or Anything you don't want to get lost or wet! Amnicon is not responsible for any personal property that is lost, damaged, or stolen both at Amnicon and while on the trip. This includes vehicles used to transport campers to Amnicon.
- Glass/Metal containers
- Fireworks, alcohol, illegal substances, or weapons. Any individual in possession of or using alcohol, illegal substances, or misusing drugs will be asked to leave the trip and Amnicon. Amnicon reserves the right to search personal possessions for alcohol, drugs, and weapons.
- Pets or sporting equipment

## Packing Questions?

We want to make sure that you have the most successful trip possible! If you have any questions about what to bring or need recommendations, please feel free to contact us.

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