



OUTDOOR ADVENTURE

LOCATION: ANSEL ADAMS WILDERNESS

- **Trailhead:** Fernandez Trailhead
- **Basecamp:** Lillian Lake, Lady Lake
- **Ranger Stations:** North Fork or Clover Meadow (559.877.2218)
- **Emergency Contact:** Calvin Crest Conferences (559.772.4040)

ITINERARY:

Sunday: Calvin Crest

- Check in (2-3 pm)
- Trip preparations

Monday:

- Drive to trailhead
- Basecamp: 5-6 miles

Tuesday:

- Explore day: lake options

Wednesday:

- Explore day: summit option

Thursday:

- Return to trailhead: 5-6 miles
- Celebration dinner at camp

Friday: Calvin Crest

- Check out (9-10 am)

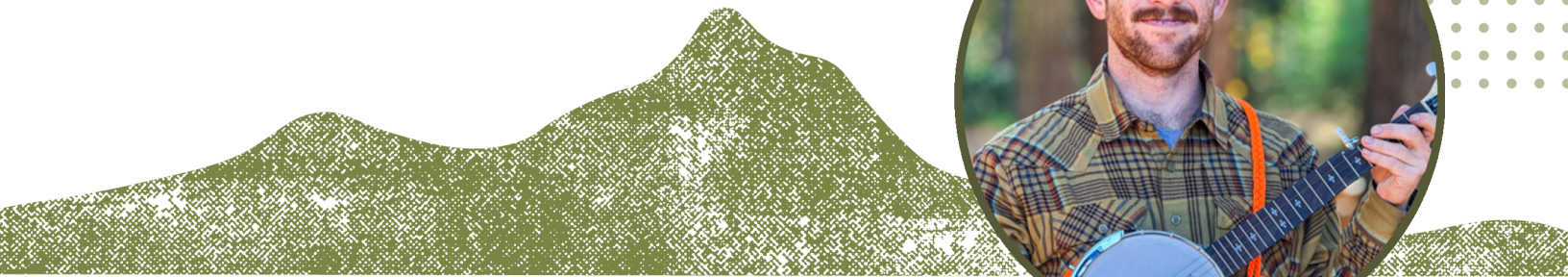
GUIDES:

Taylor Staman

- Wilderness First Responder
- Lifeguard Certified
- Leave No Trace Level 1 Instructor

Carson Sloas

- 12 years backpacking experience
- USAF Survival Training
- Backcountry fly fisherman





PACKING LIST

It may be helpful to invest in a few items, but it is not necessary to go out and purchase everything. We recommend using what you have and borrowing the rest. If you need any assistance acquiring gear, we would love to help- just let us know!

GEAR:

- BACKPACK**- 55-65 liters recommended
- SLEEPING BAG**- 30 degrees recommended
- SLEEPING PAD**- foam or blow up
- TENT**- unless you prefer a hammock or sleeping under the stars
- HEADLAMP**- charged
- CUP, BOWL, SPOON**- lightweight
- WATER BOTTLE/BLADDER**- ability to carry 64 oz at once

CLOTHING:

- HIKING FOOTWEAR**- boots or sturdy tennis shoes
- LIGHTWEIGHT SHOES**- chacos, flip flops, etc. to wear around camp
- T-SHIRTS**- to wear one on the trail and one at camp; non cotton
- LONG PANTS**- to wear on the trail or at camp; non cotton
- WARM FLEECE OR LONG SLEEVE**- to layer at night
- WARM PUFFY OR JACKET**- to layer at night
- LEGGINGS OR LONG UNDERWEAR**- a base layer for night
- WARM FLEECE PANTS**- to layer at night
- RAIN JACKET**- for wind or rain
- UNDERWEAR**- one for each day
- SOCKS**- to wear one on the trail and one at camp; non cotton
- BEANIE AND THIN GLOVES**- for cool mornings and evenings
- SUN HAT OR BASEBALL CAP**- for sun protection on the trail
- SWIMSUIT**- or shorts and a top to swim in

TIPS FOR PACKING

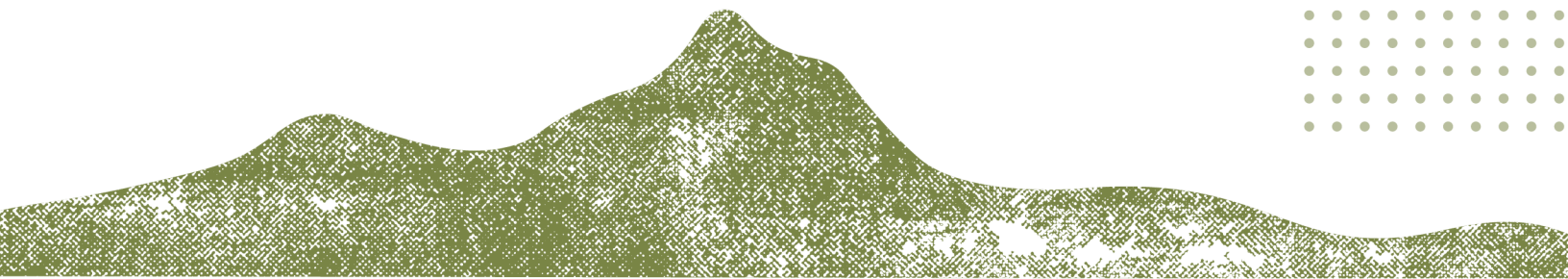
- Layering is key! Pack a change of base layers/undergarments; otherwise you only need one of each layer.
- Cotton clothing is not advised, as it can trap moisture and dry slowly. Any moisture wicking athletic wear is preferred. We also advise against tank tops, as they can cause chaffing from backpacks.
- Use your clothing to make a pillow or for more insulation in your sleeping bag.
- Share a tent- let Taylor know and we can help coordinate. Better yet, sleep under the stars!

PERSONAL:

- TOILETRIES**- minimal, travel size
- BUGSPRAY**- travel size
- SUNSCREEN**- travel size
- PERSONAL MEDICATIONS**
- SUNGLASSES/GLASSES**
- FEMININE HYGIENE PRODUCTS**
- WET WIPES**- optional; we will provide toilet paper

OPTIONAL:

- SLEEPING BAG LINER**- if you have a cooler sleeping bag or run cold at night
- NOTEBOOK/PENCIL**
- SMALL BOOK OR CARDS**
- TREKKING POLES**
- FAVORITE SNACKS**- space in bear cans is limited; we recommend one per day






PREPARATION

While you don't need to spend a lot of time preparing for Outdoor Adventure, a little training can go a long way. Here are some ideas to prepare you for your trip!

TRAINING TIPS:

- Practice walking or hiking with a weighted backpack.
 - Introduce cardio activities into your schedule (2-3 times a week).
 - Break in whatever shoes you will be wearing (do **not** bring brand new shoes).
 - Start hydrating well a few days before arriving at camp.
 - Be open to the adventure! Prepare your mind to be flexible and plan to move outside your comfort zone.
 - Pray for the journey ahead. Ask your family and friends to also pray for you.
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RESOURCES:

What To Wear Hiking In Any Weather (REI): <https://www.youtube.com/watch?v=XHRp3SeSEe8>

- You don't need fancy clothing- just remember to layer!

How To Poop In The Woods (REI): <https://www.youtube.com/watch?v=ZaOKKzpCjgA>

- We will provide toilet paper and a bathroom kit. Please bring wipes if you prefer them.

How To Backpack During Your Period (REI): <https://www.youtube.com/watch?v=MneNcwh96Pc>

- Don't be afraid to ask questions if you have them! We'll talk more when you arrive.

Questions? Email
Taylor@calvincrest.com

