

CALVIN CREST

Women's Backpack

Thank you for signing up for the Women's Backpack- we're so excited to have you on this adventure! This guide will provide information regarding trip expectations, packing, training, and more. Please don't hesitate to reach out with any questions.



ABOUT THE WOMEN'S BACKPACK

The Women's Backpack started in 2023 with a dream to connect women with God in creation. Calvin Crest exists to make disciples of Jesus Christ, and the Women's Backpack provides a rich opportunity for women to engage deeply with their faith, grow in an intimate community of women, and overcome personal challenges.

LOCATION: JACKASS LAKES, ANSEL ADAMS WILDERNESS

Our trailhead is a 1 hour, 20 minute drive from Calvin Crest as we wind our way deeper into the Sierra National Forest. The road is a mix of paved road and rougher dirt roads.

The hike to Jackass Lake is 2.75 miles with 1200 feet of elevation gain. There is also an opportunity to add a mile to camp at the Upper Lake. We will travel through burn scar, lush forest, and rocky alpine terrain. Once at basecamp, there will be opportunity to explore the surrounding area as well.

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What to Expect

Backpacking inherently comes with aspects that you can't expect or plan for- that's part of the fun! However, we hope sharing a bit of what to expect will help you prepare well and feel at ease.

SIMPLICITY

The beauty of backpacking is the ability to simplify and let go of everyday comforts. Be prepared to sleep, use the bathroom, and eat outside. If you have any questions about "how" to do these things- we're here to support you and provide guidance!

ELEVATION

Our hike starts at 7500 feet and camp is at 8700 feet. We will be sleeping at Calvin Crest Thursday night at 5000 feet which should help with acclimating. However, it is recommended to start hydrating BEFORE you arrive and continue hydrating throughout. If you are prone to altitude sickness, you can also discuss options with your doctor.

BACKPACKING

This trip is structured as a beginner's backpack; however, it may still feel challenging because backpacking requires a lot of effort! The more you train, the better you will feel (see our training tips below). We have provided a personal packing list below and you will also receive a piece or two of group gear to carry. Your pack will weigh 30-40 pounds; aim to have your personal belongings weigh less than 25 pounds.

COMMUNITY

Backpacking is a wonderful opportunity to support one another, and we strive to foster an environment of deep connection. There are many informal opportunities to connect with one another on the trail and at camp. We will also have a structured group time each evening. That being said, this trip is about you connecting with God, and there will be opportunities and resources for solo reflection. Please take whatever solo time you are craving.



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Packing List



GEAR:

BACKPACK- 55-65 liters recommended

SLEEPING BAG- 0-30 degrees recommended

SLEEPING PAD

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 trail runners

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- 1 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

PERSONAL:

TOILETRIES- travel size tooth paste/brush, deodorant, chapstick

BUGSPRAY/SUNSCREEN

PERSONAL MEDICATIONS*

SUNGLASSES/GLASSES

FEMININE HYGIENE PRODUCTS

WET WIPES- Optional; we will provide toilet paper

HAIR TIES/BUFF

*Participants are responsible for bringing, carrying, and administering their own medications. We will provide a basic first aid kit.

OPTIONAL:

BACKPACKING PILLOW

SLEEPING BAG LINER- if you have a cooler sleeping bag or run cold at night

NOTEBOOK/PENCIL

SMALL BOOK OR CARDS

TREKKING POLES

SWIMSUIT- or shorts/sports bra

FAVORITE SNACKS- space in bear cans is limited; we recommend one per day

TIPS FOR REDUCING GEAR WEIGHT

- Pack more layers, less changes of clothes. Layering is key! Pack a change of base layers/undergarments; otherwise you only need one of each layer.
- Share a tent- if you're interested in this as an option, let me know and I can help coordinate.
- Use your clothing to make a pillow or more insulation in your sleeping bag at night.
- Share sunscreen, bug spray, etc.- we can decide upon arrival.

**PLEASE LET US
KNOW IF YOU
NEED ASSISTANCE
ACQUIRING GEAR.**



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Training Tips

The more you prepare, the better you will feel on the trail! If you have any questions please reach out.

GET ACTIVE

The specifics don't matter, as much as just getting your body moving. Aim for 2-3 cardio sessions a week and try whatever is best for you- walking, running, cycling, swimming, etc. If this feels hard to attain, remember that a 20 minute fast paced walk is better than nothing!

TRY SOME WEIGHT

Build up some strength by adding in some weight. You can walk or hike with weight in a backpack or with a weighted vest. You will want to build in at least a few decent day hikes with a weighted pack (aim for once per week). Strength training will also help build muscles and prevent injury. Check out the link below for ideas.

BREAK IN THOSE BOOTS

Don't save breaking in your hiking shoes for the day of the backpack. If you have new shoes or haven't worn them in a while, practice wearing them on some of your walks or hikes.

DON'T CRAM THE WEEK OF

It's far better to do a little bit consistently than cram in a whole bunch of hard workouts the week of the trip. Aim to do a hard hike the week before the trip; the week of the trip plan for gentler exercising, as well as plenty of rest and water.

LISTEN TO YOUR BODY

Listen to your body throughout the process. If you are in pain at any point or feeling extremely fatigued, you may need to ease up on your training or switch activities.



CHECK OUT THESE TIPS

<https://www.rei.com/learn/expert-advice/conditioning-backpacking.html>