



- ❖ **Fleece jacket, pullover, or sweatshirt** - It WILL be COLD in the mountains, and we will be sleeping outside for most of the trip. Even in July, we will encounter snow on the trails and layering with a fleece will help you stay warm.
- ❖ **Rain jacket or poncho** - a lightweight, waterproof (not water resistant) jacket with a hood is best
- ❖ **5 to 6 shirts** - athletic shirts made from synthetic, wicking, or quick-drying material are preferred to cotton; **1 long sleeve shirt**
- ❖ **2 pairs of pants and 1 to 2 pairs of shorts** - choose pants that allow a wide range of motion (no denim if possible)
- ❖ **7 pairs of socks** (tall, thick hiking socks will help support your feet!), **7 pairs of underwear**, and **pajamas**
- ❖ **Shoes** - 2 to 3 pairs
Hiking boots (Boots that are sturdy, have good ankle support, and fit well are necessary for an enjoyable, successful backpacking excursion. **Break in your boots before camp.** Your feet will thank you!
Camp shoes/ Shower shoes (for hanging out in the evenings; think lightweight, remember you'll be carrying them on your back during the day, e.g. tennis shoes, sport sandals, Crocs, etc.)
- ❖ **Wool or fleece hat and gloves or mittens** - for chilly nights and mornings
- ❖ **Hat with a brim** (At Duncan Park's elevation, the sun is much closer than in Texas. You will appreciate this portable "shade" very much!), **lip balm sunscreen, regular sunscreen, and sunglasses**
- ❖ **2 reusable water bottles** (32 oz, wide-mouth water bottle or an empty Gatorade bottle works, too), and a **headlamp or flashlight** (plus extra batteries)
- ❖ **Toiletries** - toothpaste, floss, small bottle of unscented lotion, shampoo, etc. (travel size recommended)
- ❖ **Towel and bandana**
- ❖ **Optional** - **bible, camera** (w/zip-lock baggie or padded carrying case), **wrist watch, fishing pole and gear**

Duncan Park provides: Linens, pillows, and blankets; hiking backpacks, tents, sleeping bag, and sleeping pad

Purchasing gear is NOT NECESSARY to participate, but if you want to add to your adventure closet, may we recommend:

www.rei.com www.rei.com/outlet www.campmor.com www.wholeearthprovision.com

- ❖ **Do not bring:** drugs, alcohol, or tobacco products; firearms, knives, or fireworks; laptop computers; or hair dryers, curling irons, etc.
- ❖ **Items that will be labeled with your name and kept in a secure, locked box during camp and our hiking trip:** cell phones, iPods, tablets, game devices, and other electronics

You may bring electronics for the plane rides and during the drive to Duncan Park, but once you arrive at camp, we want you to focus on nature, God, and each other with minimal distractions. Plus, Duncan Park is outside of cell phone coverage anyway and has no internet connection. We have a satellite phone on site to place outgoing calls in case of an emergency, and another to bring with us on our hike. Incoming calls should be directed to the Camps & Conferences office in San Antonio at (888/210) 824-5387. Rob Watson can contact Duncan Park if you have an urgent message for your camper from 9:00 AM to 5:00 PM, Monday to Friday. Outside of these hours, Rob can be reached at home via his cell phone at (210) 837-2788.

We are so excited about the Backpacking Camp at Duncan Park and hope you are, too. If you have ANY questions, please do not hesitate to contact me, and I will reply as soon as I am able. My cell phone number is (865)771-0797.

Peace,

Jody Davis, Duncan Park Director
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