

Gear List for Trip to Hemlock (Oct. 23-25)

- Bible
- Money for 7-Eleven on Friday night and Chipotle on Sunday
- Warm sleeping bag / pillow / extra blanket – we will be sleeping in unheated cabins. A warm sleeping bag is sufficient but an extra blanket is recommended.
- Food and utensils for all meals – there will be a fire for cooking on Sat night, but other meals need to be able to be eaten without being cooked. Bring a cooler for foods that need to be kept cold. Some meal suggestions are below.
- Drinks / water bottles – there will be running water at camp for refills
- Clothing
 - o Warm clothes - long pants, sweatshirt, jacket, hat, etc.
 - o Old clothes for working and work gloves
 - o Comfortable shoes for hiking and sneakers for climbing
- Personal necessities
 - o Medicine
 - o Toothbrush/paste
 - o Deodorant
 - o Soap & towel if you plan on showering
 - o Etc.
- Optional
 - o Flashlight
 - o Pocket knife for hotdog/marshmallow sticks

Meal Suggestions

Breakfast Ideas

Mini box of raisins

Bag of mixed nuts

Little Debbie Honey Bun

Bagel with Peanut Butter

Fig Newtons

Fruit

Lunch Ideas

Lunchables

Tuna fish and crackers

Peanut Butter/Jelly Sandwich

Subs

Applesauce

Fruit cups

Chips

Dinner Ideas (some require water to be boiled – we have pots at camp)

Hot dogs

Kielbasa / Brats

Hamburger/veggies/etc. wrapped in tin foil for cooking on coals

Kraft Macaroni & Cheese

Any freeze dried meal

1 bag Knorr Pasta Alfredo

1 pouch Valley Fresh Chicken

Ramen Noodles

Marshmallows

Trail Snack Food Ideas

Trail Mix

Snack bag of Peanut M&Ms

Snickers Bar

Clif Bar

Granola Bar

Dried fruit

Beef jerky/Slim Jim

Fig Newtons