

Young Disciple Wilderness Experience



PARTICIPANT INFORMATION BOOKLET

**SUMMER
2022**



GENERAL INFORMATION

CONTACT INFORMATION

YD Office Phone: (509) 722-4300 ext. 6303

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Inchelium, WA 99138

TRIP DATES

Teen Wilderness Experience: July 31–August 4

Leadership Wilderness Experience: August 7–11

ITINERARY

We will keep you posted as the trip gets closer with information about meetups and airport pickup/dropoff times.

CODES AND GUIDELINES

The Wilderness Experience codes should be respected and followed, not as a moral judgment, but as a way to facilitate a meaningful and organized experience in which participants will be better able to focus on enjoying the outdoors and strengthening their walk with the Lord.

- ✱ Participants must be accounted for at all times. Stay with the group!
- ✱ Food is to be consumed at meal time. No snacking or food allowed inside tents.
- ✱ No unsupervised wading or swimming.
- ✱ All drinking water must be filtered or purified.
- ✱ No visiting or note-passing during worships or meetings.
- ✱ Verbal or physical abuse, and horseplay will not be tolerated. This includes tripping, pushing, annoying, teasing, or throwing things at another person.
- ✱ Restitution shall be made for willful or negligent destruction of property.
- ✱ Exclusive and/or intense friendships are not permitted.
- ✱ Prohibited items: Food/candy/gum; gaming/communication/media devices; fireworks; card games; drugs; tobacco; alcohol; pornography; secular reading material; makeup; nail polish; jewelry; weapons; or anything that would detract from the goals and atmosphere of the Wilderness Experience.
- ✱ **Attire:** Bring sturdy, but lightweight clothing and shoes suitable for out-

door activity and hiking. Tops should not be sleeveless, low cut, or see-through. Avoid questionable or suggestive images/lettering. No shorts. See packing information for more details.

Especially for Guys: Hats should not be worn backwards or sideways, and should be removed for prayer.

Especially for Girls: Tunic over loose pants/capris or knee-length skirts over leggings (tops for skirts must be long enough to cover bare skin when reaching or bending over). Additional information will be sent before the trip.

- * Deliberate disobedience and a defiant attitude have no place on the Young Disciple Wilderness Experience.

CANCELLATIONS

Space is limited, and we are counting on each participant. A last-minute cancellation is unfair to those that may have been denied admission. **If a cancellation does become necessary, please notify the camp office immediately.** Refunds cannot be made after the trip begins.

EQUIPMENT

Each participant will supply their own backpacking gear. We recommend using high quality, lightweight equipment to enhance the comfort and enjoyment of the experience. Check out a local retail store to try on the gear to make sure it fits before purchasing. REI is a good place to start. REI also offers gear rental, though it's a bit expensive. Moosejaw and other online businesses may offer better prices. YD has also put together a few rental kits available on a first come first served basis:

Full backpacking gear rental (\$150): This kit contains all the basic essentials you need to hit the trail! You'll get a backpacking backpack and pack liner, bear bag and cord, cookpot/mug, flashlight, fuel, lighter, pack liner, sleeping bag/quilt, sleeping pad, spoon, stove, tent, trekking poles, trowel, water bottles, water filter, and whistle. All you need to add is your clothes and important accessories (see below).

If you are interested in renting gear from YD, please call or email the Camps Office. For those that are flying, please keep in mind that some items like fuel canisters may not be allowed on the plane. Trekking poles may be packed in checked luggage only. Check with TSA and your airline ahead of time if you are unsure of the current policy.

Total weight: The total weight of your backpack and all of its contents (not including food and water) should be 20lbs or less.

FOOD

Young Disciple will provide three plant-based meals per day which each participant will carry. Food will be dairy-free vegetarian. Gluten-free options are available by request. Those requiring special diets must clear this in advance with the Camp Office.

HEALTH AND SAFETY

Each participant will stay in their own tent. In addition, each participant will be asked to wear a face covering while traveling in the van. If a medical emergency should arise, the participant's guardians will be notified. Participating staff are trained in first aid, and will carry emergency communication equipment.

HIKING AND BACKPACKING ETIQUETTE

LEAVE NO TRACE

- Pack it in, pack it out.
- Pick up any food remains and garbage.
- Stay on the trail; leave shortcuts alone as they disturb the wilderness and damage the trail. Hike on durable surfaces (rock, dirt, or snow). Avoid trampling undergrowth or meadows.
- Leave rocks and vegetation as you found them for others to enjoy. Don't leave permanent marks/initials on rocks, trees, etc.
- Relieve yourself at least 200 ft away from the trail, campsite, or water source. Dig catholes 6-8 inches deep.
- Hike quietly; speak in low voices so you and others can enjoy nature.

GENERAL ETIQUETTE

- Yield to uphill hikers. When stopping to rest, move off the trail onto a durable spot (rock, etc). Hike single file and stay to the right on wider paths.
- Horses have the right of way; give plenty of distance, and step off to the lower side of the trail if possible, so as not to startle them.
- Observe animals from a safe distance. Refrain from feeding wildlife; feeding gives them bad habits. If you encounter a bear, snake, moose, etc. don't panic; stay quiet and give plenty of space.
- Be friendly. Greet other hikers along the trail.

PACKING INFORMATION

Knowing what equipment to bring and how to pack it can be challenging even for an experienced backpacker. We want to help make your backpacking adventure with YD as positive and straight forward as possible, so we gleaned packing tips not only from our own experience, but also from individuals who have many years of experience on the trails.

First, you'll find the packing list. Next, that we'll share some helpful details regarding many of the items. Finally, we'll provide some pro packing tips. Even if

you have prior backpacking experience, don't skim over these sections! Make sure you have all the necessary equipment well before the start of the trip. A few weeks before we leave, you'll be asked to send us the total weight of your packed backpack along with a list of everything you plan to bring. This will give us the chance to help fine tune your gear if needed.

PACKING LIST

Clothes:

- Base layer
- Belt
- Buff and/or handkerchief
- Gloves, lightweight
- Hats, beanie and cap/sun hat
- Jacket (warm lightweight)
- Jacket (rain)
- Pants, 2 pairs of lightweight synthetic hiking pants
- Rainpants (optional)
- Shirts, 3 synthetic blend t-shirts or tunics
- Shoes (for hiking)
- Camp shoes (optional)
- Hiking Skirts, (for girls, optional)
- Socks, 3 pairs wool hiking
- Swim shorts
- Underwear, 4 pairs
- Full set of clean clothes to leave in van for the return trip

Main Essentials:

- Backpacking backpack
- Pack liner (trash compactor bag)
- Bear bag
- Bear bag cord
- Cookpot/mug
- Flashlight (single AAA size)
- Lighter
- Sleeping bag/quilt
- Sleeping pad
- Spoon, long-handled
- Stove

- Stove fuel
- Tent, 1-2 person
- Trekking poles (optional)
- Trowel
- Water bottles, 3-liters total capacity
- Water filter
- Whistle

Important Accessories:

- Travel Bible
- Clothes line (20' paracord)
- Daypack (optional)
- Deodorant
- Ear plugs/eye mask (optional)
- Face mask
- First aid supplies
- Hand sanitizer/wipes
- Head net
- Insect Repellent
- Lip balm
- Pocket knife
- Prescription medications you must take or may need (e.g. asthma medication)
- Salt
- Stuff sacks
- Sunscreen
- Toilet paper/Sanitizing wipes
- Toothbrush/toothpaste
- Towel (optional)
- Patch kit for sleeping pad
- Pillow, ultralight (optional)

PACKING LIST DETAILS AND EXPLANATIONS

This section has a detailed descriptions for many of the items on the packing list. Items marked with an asterisk have specific product recommendations listed at youngdisciple.org/we

CLOTHING

- **Base layer:** Pants and long-sleeved shirt. Thin wool or synthetic thermals will work well. Use as pajamas, and on cold mornings.*
- **Buff or handkerchief:** Very useful to keep the sun off your neck, as an extra layer around your neck/face if it is cold, as a head covering if you have bed head, as a potholder, or as towel to dry your pot after washing. You can use it to wipe your nose, as a wash cloth, etc.*
- **Gloves:** Inexpensive thin gloves or liner gloves for cold mornings. Wool is ideal and will stay warm if wet.*
- **Hats:** A warm beanie-type hat to stay warm at night and one to keep the sun off your face.*6+
- **Jacket:** Bring a warm but lightweight fleece, wool sweater, packable synthetic, or down jacket. Costco sometimes carries Eddie Bauer down jackets at a very reasonable price.*
- **Jacket (rain):** Pack a lightweight waterproof rain jacket or lightweight poncho. Make sure it's a true rain jacket or poncho, not a wind jacket or emergency poncho. There are some very expensive options out there, but we've discovered that there are some very good affordable options.*
- **Pants:** Lightweight synthetic hiking pants are best. Avoid jeans and any other heavy/cotton material.
- **Rainpants (optional):** These are not only handy if it is wet but serve as a second layer if you get cold.
- **Shirts or tunics:** Think lightweight, comfortable, and quick dry. Keep in mind that athletic-specific apparel is often designed for comfort when moving. Avoid shirts with decorative buttons, side zippers, etc. A synthetic blend T-shirt would be a good choice. Rash guard type exercise/swim shirts tend to chafe and stink very quickly.
- **Shoes:** Comfortable, well broken-in hiking boots will work, though lightweight trail runners or sneakers will be even better. If you are purchasing new shoes for the trip, be sure to walk/hike several miles in them before the trip to make sure they are a good fit. If your new shoes are stiff hiking boots you will need a longer and more aggressive breaking-in period. One of the biggest mistakes backpackers often make is hiking in shoes or boots that

are too small, not broken-in, or that don't fit their foot properly. If your toes hit the end of the shoe when you walk steeply downhill, the shoes are too small. We recommend going to a shoe store to be properly fitted.*

- **Camp shoes:** Best to bring something you can wear with socks. Crocs and lightweight sandals are good options. These can double as backup hiking shoes if your main shoes become unusable. *
- **Skirts:** Choose skirts that are sturdy and durable. Selecting those with the same material as hiking pants is the best option.
- **Socks:** Bring wool hiking socks. This is one area where we don't recommend scrimping. Cotton and synthetic socks tend to overheat, chafe, or hold moisture around your feet which often result in hot spots and blisters. Ankle or crew length mid-cushion socks are best.*
- **Swim shorts:** Quick dry and lightweight.
- **Underwear:** Wicking/quick dry is best.

THE MAIN ESSENTIALS

- **Backpack:** Make sure it fits you well. Lighter is better, but be sure to get something durable. REI has a number of options, and the staff will help you find the right fit. A good size pack for an older teen or adult is 50-65 liters. It's best if it weighs 3 to 4 lbs or even less.*
- **Pack liner:** Use a trash compactor bag as these are stronger and less prone to getting a hole. Put this inside of your backpack and stuff your other items inside to keep dry. You may also use a pack cover, but most of these will not keep your bag dry in a downpour.
- **Bear bag (10–13 liter).** You want something that is strong enough to hang from a tree to keep the food away from critters. Best is if it's waterproof, but it doesn't have to be. You might even use your sleeping bag stuff sack!
- **Bear bag cord (50' long):** Paracord works fine, but reflective cord is better. Read: "How to Hang a Bear Bag" at youngdisciple.org/we.*
- **Cookpot/mug:** 750ml. You only need one: you'll cook and eat out of the same mug. You will be boiling water in this for many of your meals. Titanium is lighter, but aluminum can be a good value. Don't bring a heavy pot!*
- **Flashlight:** Bring a small headlamp or LED flashlight with fresh batteries. Many backpackers use a single cell AAA flashlight with a cap clip which can double as a headlamp.
- **Lighter:** Bring a small lighter you've tested to light your stove.

- **Sleeping bag/Quilt:** Down or warm/lightweight/packable synthetic fill. Should be rated for 10-20 degrees. Many backpackers are switching from sleeping bags to backpacking quilts for warmth and weight savings. Hang Tight Shop makes great quilts. Paria has a nice product, and Hammock Gear and Enlightened Equipment are even better but more expensive. If you are handy with a sewing machine you can actually make your own very inexpensively from two Costco down quilts (look for instructions online). Read “How to Choose a Sleeping Bag” before making a purchase: youngdisciple.org/we.
- **Sleeping pad:** For summertime use your pad should have an insulation value of at least R-2 to keep you from getting chilled. Inexpensive closed-cell foam mats are very popular and lightweight, but aren’t as comfortable or warm as air pads.
- **Spoon (Long-handled):** The bamboo spoon listed at youngdisciple.org/we is perfect! We have a few extra if you want to buy one from YD. Cost \$2.*
- **Stove:** There are many different types of stoves; choose one that is small and light. We recommend the tiny, inexpensive, yet powerful and dependable BRS.*
- **Stove Fuel:** One full four-ounce Iso-Butane canister will be sufficient.
- **Tent:** Bring a 1-2 person waterproof backpacking tent. There are many high quality and expensive backpacking tents on the market, but you can also find affordable options that offer good value.*
- **Trekking pole:** While this is an optional item it is also highly recommended! The Cascade Mountain Tech poles from Costco are fantastic (look for the carbon fiber ones with quick locks). You can usually pick them up in the store or online.
- **Trowel:** For digging toilet cathole.*
- **Water bottles:** Avoid heavy water bottles! While many of us do love our Nalgene bottles, they’re not ideal for backpacking. When choosing a water containment system, plan to have at least 3 liters capacity. We recommend two 23.7oz Smartwater bottles plus a 2-liter water bladder. The water bladder can double as the dirty water reservoir if you use a Sawyer filter, so on days you need extra water capacity you can store “dirty” water in the bladder and filter it into your clean water bottles when needed. Most people prefer the Smartwater sports caps over the screw caps.
- **Water filter:** Sawyer Squeeze, Sawyer Micro, Katadyn BeFree, and HydroBlu Versa Flow are best. Lifestraw and similar filters **are not** suitable. If you are using a Sawyer filter, purchase a separate dirty water bladder as the ones that come with the filter are not durable.*

- **Whistle:** Safety item for if you get separated from the group.

IMPORTANT ACCESSORIES

- **Travel Bible:** Bring an entire Bible **ONLY** if you have a super tiny travel size version. Otherwise consider bringing a portion of scripture.
- **Clothesline:** 20' of paracord or other small rope.
- **Daypack (optional):** A small, lightweight daypack for short hikes. Some backpacking backpacks have a removable waist strap and lid that can convert into a hip pack.
- **Deodorant:** Extra small/travel size.
- **Duct tape:** Pack a few feet wrapped around a trekking pole, flashlight, water bottle, or similar. Useful for short term equipment repairs.
- **Ear plugs (optional):** These are very helpful if you have trouble falling asleep.
- **Face mask:** Keep this with you and accessible for use when traveling.
- **First aid kit:** A few band aids, several larger bandages, ace bandage, charcoal, mole skin, a foot or more of leukotape or sports wrap for hot spots/blisters (pack like the duct tape described above). Also read "Taking Care of Your Feet" at youngdisciple.org/we.
- **Hand sanitizer:** Think small and also scent-free to avoid attracting animals to your tent.
- **Head Net:** This will help keep mosquitos away from your head and neck. Inexpensive options are available online.
- **Insect Repellent:** Bring a medium-size container. This is important! Bug spray can make the difference between enjoying the trip or being miserable. Sometimes we have experienced almost no bugs, and other times the mosquitos were bad. Bring an effective repellent, Natrapel doesn't work! We recommend a product with a high DEET percentage.
- **Lip balm:** Important! Sun is much more intense at higher elevations.
- **Pocket knife:** The tiny "Classic" Victorinox knife works well and is inexpensive.
- **Salt:** Tiny salt dispenser.
- **Stuff sacks:** For clothing, miscellaneous items. You could use ziplock bags, but lightweight stuff sacks are much more convenient.

- **Sunscreen:** Important! Sun is much more intense at higher elevations.
- **Toilet paper/Sanitizing wipes:** Unroll about 15 squares per day, and put in a ziplock bag. Pack of 15-20 wipes.
- **Toothbrush/toothpaste:** Small, travel size.
- **Towel:** 10"x14" size.
- **Patch kit (optional):** Recommended if you use an air pad.
- **Pillow (optional):** Some people use a stuff sack with clothes inside. Klymit and Outdoor Vitals often have offers where you pay a shipping/handling fee and get a free backpacking pillow*

PRO TIPS

1. "Be Prepared." Probably everyone has heard the Boy Scouts motto "be prepared". While it's an excellent motto, sometimes we can take this to mean that we should always have the perfect tool, resource, or piece of equipment for any need. This probably isn't what the Boy Scout leaders intended. Boy Scouts (like backpackers) learn to be creative, to use the materials they have at hand to solve problems and find solutions. Instead of trying to make sure you have every tool or resource you might want, ask yourself what you really need, and what you could legitimately do without. Knowing what is extra and what is not can be difficult at first, but with time it gets easier. If in doubt, send us a message, we'll be happy to help.

2. Reducing Weight. When it is time to weigh your pack, you may find that your pack weighs more than 20lbs. What should you do? First, review the packing details above to make sure you have the recommended gear. If you're still overweight, consider the following:

- First of all make sure your pack doesn't contain food/water, shoes, trekking poles, or the the clothes you will be wearing for your first day of hiking as these don't count toward your base weight!
- Next, count the ounces. This sounds trite, but it's really true. Usually overweight packs are not the result of a few very heavy items, but many unnecessary small items that add up.
- If you have full size containers of sunscreen/toothpaste, etc. switch to travel size containers, not the "travel size" like you find at Walmart, but tiny, light-weight "hotel shampoo" size bottles.
- If your camp shoes are heavy you can leave them at home, or bring super light flip flops instead. This is one thing you can do without, especially if your main hiking shoes are comfortable.

- Don't bring a full size toothbrush in a plastic case. Instead, use the light-weight type you get on an airplane that have a tiny cap. Or, if you want to be just a bit extreme, you can even cut off part of the handle to save part of an ounce!
- You don't need to carry a large first aid kit, just bring the basics that are on the packing list.
- Leave extra stuff sacks at home! You don't want your bag to be messy, but also don't bring unnecessary stuff sacks. For example, you could pack small things in your day pack, leave your air mattress sack at home, etc.
- Try to make most items you bring serve a minimum of two purposes (i.e. eat out of your cook pot, use your trekking poles to support your tent etc.).
- We're in a group, so you don't need to bring two lighters. If yours were to fail you could easily borrow from someone else.
- You don't need to bring all the optional attachments. Water filters and other gear often come with many extra items that you will not need. Avoid small extra items that are not needed like surplus carabiners, key chains, clips, and straps. Although these items seem insignificant on their own, they can really add up when combined.
- You'll be fine with just a spoon, leave the fork and knife at home.
- Don't bring large knives/multitools etc. A very small pocket knife will be sufficient. We recommend the tiny Victorinox "Classic" pocket knife.
- Don't pack two lights (i.e. headlamp and flashlight). As long as you have fresh batteries in your light, you won't need to bring extra batteries.
- Don't bring your own food unless we have asked you to; we're supplying wonderful meals.
- We don't recommend bringing dish soap, it's difficult to get off, and it can easily pollute streams and lakes. If you do really feel you need soap you can bring a few drops in a tiny dispenser. You can get these at the Dollar Tree and fill one with enough condensed, biodegradable liquid soap for a whole trip!
- Avoid adding things like notebooks, pens, journals etc.. Try to stick with the items on the packing list only.
- For a list of recommended sources for backpacking gear check out young-disciple.org/we

PHYSICAL PREPARATION

Backpacking is more than an easy hike. Your enjoyment and fulfillment of the trip will be significantly improved if you begin preparing several months before your trip.

- Starting in spring or early summer, plan two hikes each week: a long hilly hike, and a shorter faster hike.
- Nothing prepares you for backpacking like hiking with a pack! On training hikes, work up to carrying 75% of your anticipated total backpack weight (about 25lbs).
- When training, use the same shoes and socks that you plan to wear on the trip. This will significantly decrease your likelihood of getting blisters on the trail.

PROBLEMS ON THE WIDERNESS EXPERIENCE

Participants are expected to follow all camp codes and policies, and to follow the directives of the Wilderness Experience staff. Young Disciple ministries reserves the right to send home any participant who does not comply. In such an event, the parent or guardian would be responsible for the cost of transportation, and the participant will forfeit his or her fees.

WEATHER

Wilderness areas have a wide potential temperature range. We've experienced everything from hot sunny days to sudden rain showers, and even a rare frosty morning. Follow the packing list and you will be prepared for whatever we may experience.