

BEYOND Packing Guide 2010

The *BEYOND* program is designed to give older teens adventure experiences that will foster growth spiritually and provide leadership training.

BEYOND 1 – Wilderness Water Week (July 11-17)

BEYOND 2 – Far Out Dirt Days (July 18-24)

This list, due to the nature of the high adventure activities that your child will be participating in, contains items that are different than the general packing list for Main Camp and Adventure Camp. It is **essential to your child's experience and safety** that you send as many of these items as you can.

Clothing:

Head:

- Knit hat/beanie hat

Upper Body:

- T-shirts
- Light weight synthetic short sleeve shirt: [Synthetic material gives greater warmth and wicks water from the body. These shirts can contain polypropylene or other hydrophobic/wicking fabric. Nothing made with cotton.]
- Light weight synthetic long sleeve shirt:
- Fleece Jacket or Wool Sweater
- Wind Breaker/light weight nylon jacket

Lower Body:

- Underwear
- 2 to 3 pairs of loose fitting shorts
- Light weight synthetic long underwear bottoms
- 1 pair of long pants (preferably loose fitting and not cotton or jeans)
- 1 piece swimming suit

Feet:

- [Dirt Days] 1 pair of hiking boots with plenty of ankle support or [Water Week] tennis shoes
- Additional pair of sneakers/sandals
- 2 or 3 pairs of light weight socks
- 2 to 3 pairs of heavy weight hiking socks

Outer Layer:

- Rain jacket
- Rain pants if possible

Sleeping Gear:

- Sleeping Pad
- Sleeping Bag (small as possible)

Other Essentials:

- Hiking Backpack (if your child has one), the camp will have some to use if needed.
- 2 - **32oz.** Water bottles (this is a must have item and if your child doesn't have them you will be required to purchase them at camp)
- 1 Flashlight with extra batteries: a head lamp works best and can be purchased relatively inexpensively at Wal-Mart
- Towel
- Toiletries
- Pocket Knife: small folding knife with a blade less than 4.5 inches long
- 1 sturdy Tupperware bowl with lid
- 6 large heavy plastic garbage bags
- 1 pair sunglasses
- Medications in their original container.
- Bible and pen with note pad

Optional:

- Compass or GPS
- Camera (New Life will not be responsible for any damage or loss to your child's camera)
- Small folding camp chair

Note:

Most of these items can be purchased at relatively inexpensive prices from Wal-Mart or other discount department stores.