

## Extreme OUTBACK Packing Guide 2012

The Extreme OUTBACK program is designed to give teens who desire to be leaders an experience that will provide challenge, leadership training, and training in spiritual disciplines.

July 15-21, 2012

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.

We will carry everything we need for 4 days, so please pack light.

### Clothing:

#### Head:

Knit hat/beanie hat

#### Upper Body:

Light weight synthetic short sleeve shirts are best: [Synthetic material gives greater warmth and wicks water from the body. These shirts can contain polypropylene or other wicking fabric. "Cotton kills"]

Light weight synthetic long sleeve shirt:

Fleece Jacket or Wool Sweater (preferred) or at least a sweatshirt

#### Lower Body:

Underwear

2 to 3 pairs of loose fitting shorts

1 pair of long pants (preferably loose fitting and not cotton or jeans)

#### Feet:

1 pair of hiking boots or shoe that are well broken in and waterproof

Additional pair of sneakers/sandals

2 pairs of light weight socks

2 pairs of non-cotton hiking socks

#### Outer Layer:

Rain jacket

Rain pants if possible

### Sleeping Gear:

Sleeping Pad

Sleeping Bag (small as possible)

Lightweight hammock (optional)

### Other Essentials:

Hiking Backpack (New Life will provide this unless you have a beyond-average pack)

**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)

Head lamp (preferred) or flashlight with extra batteries

Towel

Toiletries, Sun Block, Bug Spray (DEET)

Pocket Knife: small folding knife with a blade less than 4.5 inches long

1 sturdy Tupperware bowl with lid

3 - gallon size ziplock bags, 1 large heavy plastic garbage bag

1 pair sunglasses

Medications in their original container.

Small Bible and pen with small note pad

Whistle

Nylon rope (25 feet)

### Optional:

Compass

Camera (New Life will not be responsible for any damage or loss to your child's camera)

Small folding camp chair

### Post Hike:

Upon completion of the hike, you will need a small bag with these items packed:

- Change of clothes
- 1 piece Swim Suit
- Towel
- Soap & Shampoo