



# WELS YOUTH HIKE

## & FAMILY CAMP

### Requirements for June 6-7, 2024 Hike & Camp

#### Abilities

Hiking Skill: Beginner →

Able to walk 6-8 total miles on moderately rough terrain with 2000ft of elevation gain.

Able to carry backpack with minimum 15lbs weight

#### Gear Checklist

**Hiking Backpack**

(inexperienced beginners must keep their total pack weight under 20lbs)

**Sleep System**

Sleeping bag or quilt rated to 40 degrees.

Sleeping pad, pillow etc.

Tent or hammock with rain cover<sup>1</sup>

**Water**

2 liters of water, refillable container

**Navigation & Light**

At least 1 smartphone between two buddies

1 headlamp each person

**Clothing**

Adequate layers for possible 48 low (at night) & 95 high (midday)

Raincoat, umbrella, or emergency rain poncho.

Any standard running or hiking shoes.

**Food**

Odor proof food storage bags.

Proper overnight food storage system. (see details).

Bring your own snacks.

Optional group meals or bring your own (see details).

**First Aid & Medical**

Basic first aid (group leaders will also have extra various supplies)

Any necessary medications, vision supplies.

Sunglasses, sun protective clothing, and sunscreen recommended.

**Toiletries**

Small trowel [Int.org/how-to-poop-in-the-woods](https://www.int.org/how-to-poop-in-the-woods)

**You must also read the "Gear Details" page.**

**Transportation** **Must provide own transportation** or join carpool to and from trailhead.

This trailhead will be east of Payson (approx. 2 hours from Phoenix airport)

Directions to trailhead: Check registration email for exact trailhead info.

Note: portions of access road to trailhead may be rough but will be passable with a regular vehicle

**Knowledge** You must read through 7 principles of “Leave no Trace” [Int.org/why/7-principles](http://Int.org/why/7-principles)

- √ Be familiar with [proper waste disposal](#) and [how-to-poop-in-the-woods](#)
- √ Be familiar with “Food Storage 101” & hanging [Int.org/food-storage-101](http://Int.org/food-storage-101)
- √ Be familiar with outdoor safety guidelines: (note especially [Bears](#))  
[fs.usda.gov/detail/coconino/learning/safety-ethics/](http://fs.usda.gov/detail/coconino/learning/safety-ethics/)

**Rules** Hikers must register and indicate “agree” to all required items on registration.

Hikers & campers must respect group leaders and follow appropriate Christian conduct.

Hikers must remain with the group unless special permission and circumstances are arranged.

While on trail you must remain between hike leader and last hiker.

At camp: remain within hearing distance of hiking & section leaders.

**Schedule** Dropoff: Arrive at trailhead by 10am June 6<sup>th</sup>

First ½ day of hiking

- Lunch (bring your own quick & easy picnic)
- Campfire by lake, games
- Setup camp
- Supper (group coordinated)
- Christian devotion & games at campsites
- Overnight tent camping

Second ½ day of hiking

- Breakfast (bring your own)
- Pack up camp
- Return hike
- Lunch stop (group coordinated)
- 1-2 snack breaks (bring your own)

Pickup: At trailhead by 5pm June 7<sup>th</sup>



**WELS**  
**YOUTH HIKE** & FAMILY CAMP

# GEAR DETAILS

## WELS YOUTH HIKE - June 6-7, 2024

*Gear essentials will always depend on the season and type of route*

### Hiking Backpack

(Beginners must keep their total pack weight under 20lbs)

### Sleep System

Same gender buddies or groups can arrange to share a tent and transport it.

It is recommended you aim for under 3lbs of carry weight per-person for each tent.

### Water

Water container must be easily refillable.

Note: A solid canteen will weigh you down, consider plastic storage options.

A standard 500ml water bottle easily breaks when dropped onto rocks. They do not refill easy once crushed. A sturdier 1 Liter "Smartwater" bottle or similar design is recommended.

Water filter (this is optional if you are okay with waiting for the group leaders who will have filters available)

### Navigation & Light

Aim for the most lightweight headlamp or flashlight. You will only need the battery to last a few hours.

We will be gone for under 36hrs, extra battery packs are not recommended unless you desire to take extra weight and take a lot of videos and photos on a phone or camera.

### Clothing

Aim to bring only one set of clothes, especially for heavier outer layers, to minimize weight.

### Food

Snacks: bars/nuts for 1 breakfast and 2 small breaks (plan about 250 calories each)

Optional dietary restricted foods if not able to join group meals. (Plan a supper and lunch aiming for 1000+ calories each)

Optional camp stove system (aim to keep this under 2lbs, consider buddy system to share transport).

The lightest food storage system is a hanging bag with odor-proof plastic bags.

### First Aid & Medical

Basic first aid (group leaders will also have extra various supplies)

Any necessary medications, vision supplies.

Sunglasses, sun protective clothing, and sunscreen recommended.

Optional safety pepper spray

Questions: Tom 928-612-8463 [pastorbarthel@gmail.com](mailto:pastorbarthel@gmail.com)



# GEAR RECOMMENDATIONS

## WELS YOUTH HIKE & FAMILY CAMP

### 2024-06 Hike

Beginners: You don't have to spend a lot of money to get decent hiking gear. Start simple and affordable and decide later if you want to upgrade something. Aim for lightweight items.

[Here are some recommended items.](#) More affordable options or premium options may exist. These are shared in case anyone is interested in what I have found proven to be effective or durable.

[https://www.amazon.com/hz/wishlist/ls/2RKDNS26ZTXKZ?ref=wl\\_share](https://www.amazon.com/hz/wishlist/ls/2RKDNS26ZTXKZ?ref=wl_share)

### Hiking Backpack

- Look for one that fits your size. A 50-60 Liter capacity would allow versatility for future hikes.
- Beginners: Try weighing yourself with your pack on and filled. Subtract your weight. Is it under 20lbs? If not find a way to make your pack lighter if you haven't experienced hiking with weight.

### Sleep System

Comfort is subjective. A tent or hammock with a rain cover is necessary. It is recommended you aim for under 3lbs of carry weight per-person for each tent. Sharing a tent will reduce total tent weight.

A sleeping mat or pad (or both) can offer both necessary warmth and comfort. At least using a mat will reduce condensation on a sleeping bag. Mats are a good option because they will never leak.

The list only includes the most expensive type of air pad. Options abound and a far cheaper option may suit you. Be aware that some cheap options can puncture easy.

### Water

Water container must be easily refillable. \$1.50 Smartwater or equivalent found at any grocery store.

Water filter (having your own is optional for this hike. Group leaders will have extra to share.)

[Cnoc Outdoors VECTO 2L Water Container](#) is useful if planning to squeeze filter your own water.

### Navigation & Light

Headlamps are easiest. Note: you can save a lot of power on your phone when hiking by using "airplane" mode. Otherwise, it will drain quickly looking for a nearby tower to connect.

### Clothing

Synthetic materials will dry best and wick away moisture. Have a warm base layer (fleece). If the forecast indicates cooler weather have an outer layer (puffer) with insulation and wind break.

June is the driest month. However, it can get cold some nights and a quick downpour may occur at any time. A lightweight emergency rain poncho will work and save weight.

Store essential clothes and gear in a dry sack in your backpack. An ordinary garbage bag will work for a dry sack.

### Food

Best practice is to store and transport all food, all cooking items, all snacks, and any scented hygiene products in an odor proof bag.

Cheapest and lightweight option for food storage is a hang bag. There will be tall trees available. You can share this method with a buddy for this trip.

### First Aid & Medical

Here is a [separate first-aid list](#) with useful items to consider including in a kit.

[https://www.amazon.com/hz/wishlist/ls/TSIO061N9FLR?ref=wl\\_share](https://www.amazon.com/hz/wishlist/ls/TSIO061N9FLR?ref=wl_share)

Basic first aid will be sufficient.

You can share this with a buddy or pair down items to the essentials.

