

# ALLEGHENY OUTBACK!

## "What do I bring?!"

Here is a list that will help you pack. Look below for helpful tips for your decision-making.

- Deodorant
- Soap and shampoo
- **Flashlight/Headlamp & NEW Batteries**
- Toothpaste/toothbrush
- Sunscreen
- Garbage bags (3 - 30 gallon bags)
- Note pad and pen
- Old wool sweater or **fleece**
- Light jacket or nylon shell
- Towels (one bath, one hand)
- Underwear for one week
- Duffel bag for packing
- Hat and/or bandanna
- Footwear for White Water Activities  
(NOT Flip-Flops)
- ANY PRESCRIBED MEDICATIONS you might need for your week.  
(Inhaler/Medications/Epinephrine)
- Pants
- Shorts (modest in length)
- Short/long sleeve Under Armour shirt (see note)
- T-shirts (3-6, no tank tops please)
- Shoes (see helpful tips)
- Ziploc bags (4 or 5 in the gallon size)
- Swimsuit (We will be doing ACTIVE water sports. Please bring a modest one-piece or tankini bathing suit.)
- Bug spray
- Sleeping bag
- **Waterproof Rain Coat/Poncho**
- Socks

### Things you bring or can get from our gear room

- Small Bible
- Book bag / backpack
- Internal or external frame pack
- Sleeping Bag

### Optional gear:

- Contact lens case & solution (if needed)
- Eyeglass strap (required for glasses wearers)

All items **MUST** be labeled! While we can't guarantee all lost items will be returned, we will make every effort to return those items clearly labeled with campers' full name. We have partnered with Mabel's Labels, a company with all types of fun, durable labels, which has special 'Camp Packs' to label everything you'll need for AO! Please see the enclosed flyer or visit our link on their website ([www.whitesulphurspring.mabel.ca](http://www.whitesulphurspring.mabel.ca)).

### NOTES ON EQUIPMENT:

**Clothing:** This is always the hardest area of packing. I always get frustrated when I get home from a camping trip and find that half of the stuff I brought is still unworn. Of course, the reverse is also frustrating, when I get half way through a trip and find I am down to only one clean sock. Here are some things to remember when packing. In the woods you wear clothes for comfort and packing ease, not for style. **Summer temperatures in the foothills of the Alleghenies will range from the high forties at night to the high eighties during the day** so think in layers. As temperatures slowly rise or fall throughout the day you can add or take off a layer. This is what I will take this summer: 2 pairs of pants, 3 pairs of shorts, 6 T-shirts, 2 long sleeved shirts, a fleece, a waterproof jacket, and plenty of socks and underwear. My personal rule, "You can wear it more than once."

**Shoes:** Happy feet make happy campers, so does not having to keep track of 50 pairs of shoes. When deciding what shoes to pack, consider the type of activities you will be doing. One day we

will be hiking (approx. 8 miles), so hiking boots or footwear that have already been “broken in”, provide adequate ankle support, and comfort for the sole would be most agreeable. (Please no construction/work boots...they are not hiking boots and you will loathe them.) We will also be white water rafting and canoeing so bring a sport sandal or an old pair of tennis shoes you do not want anymore. Some shoes may be good for several different activities. Me, I will bring three pairs of shoes; my hiking boots, my sport sandals and my tennis shoes that I’ll use for rock climbing and as an emergency pair in case I need something dry. NOTE: You will NOT be allowed to wear a pair of “Sport Sandals” (Teva/Chaco) for the entire week. Please bring at least one pair of tennis shoes or boots.

**Short/long sleeve Under Armour shirt:** While the brand “Under Armour” is excellent, Wal-Mart has been selling a similar product. Some staffers have done multiple years in the Wal-Mart “Athletic Works” polypro shirts. These helps retain body heat in the water. Warm = good.

**How to Pack:** I like having all of my belongings organized BEFORE I leave to go camping. I’ve found the easiest & most effective method of keeping my clothes both dry and organized is to put them in 1 gal. Ziploc bags. That way I conserve room (be sure to let all of the air out of the bag), keep my clothes organized (usually I organize clothes by “Day” or by “Outfit”), and, most important, I guarantee my clothes stay dry.

**Items available from AO!:** Allegheny Outback! does have certain gear available for our campers. If you do not have one or more of these items you do not have to go out and buy it. However, if you already own these items or can borrow them from a friend, by all means, do. Remember, our gear has been used by several people before you.

1. Your Allegheny Outback! trip is a challenging adventure camp, but it is not a wilderness camp. We will be in tents much of the time, with running water and bathrooms nearby. Expect a shower every other day or so.
2. Long pants or very long shorts should be worn during rappelling and ropes courses, which constitute three full days.
3. **Do not bring** MP3 Players, Cell Phones, Portable Gaming Systems, or CD Players to White Sulphur Springs. Also, do not bring two-piece bathing suits (modest tankini’s are appropriate), tank tops and immodest shorts.
4. If you are serving on staff before AO!, arrangements will be made for the extra day in between the two activities. Support team rules will continue to apply until the start of AO!. There will be work projects to fill the time between lunch and dinner on the last day of support team.
5. We will be backpacking as one of our activities. If you feel you are not in shape, it would be a good idea to get some physical activity before the trip. In addition, if you have any physical limitations or injuries that would affect your ability to participate in the activities, **we need to know before you come**. This would include any accidents, such as broken bones, that have happened between the time you sent in the application and when you are scheduled to arrive.
6. **This camp is very different from Camp Caleb**. The activities are more challenging, your personal responsibility will be greater, and most of the week is spent away from the White Sulphur Springs Conference Center.

We are looking forward to your arrival on **Saturday between 10:30 and 11:00 AM**. Please be on time out of consideration for the other participants. When you get here, go directly to the Check-in Crossroads (on the road to Heritage House) and you will be directed to the village. Departure will be between **1:30 and 2:00 PM on the following Friday** at Heritage House.