

— EST. 1853 —

CALVARY BIBLE

Junior High

BACKPACK TRIP

July 26-28, 2024

Depart Friday at 1:00pm, from CBC

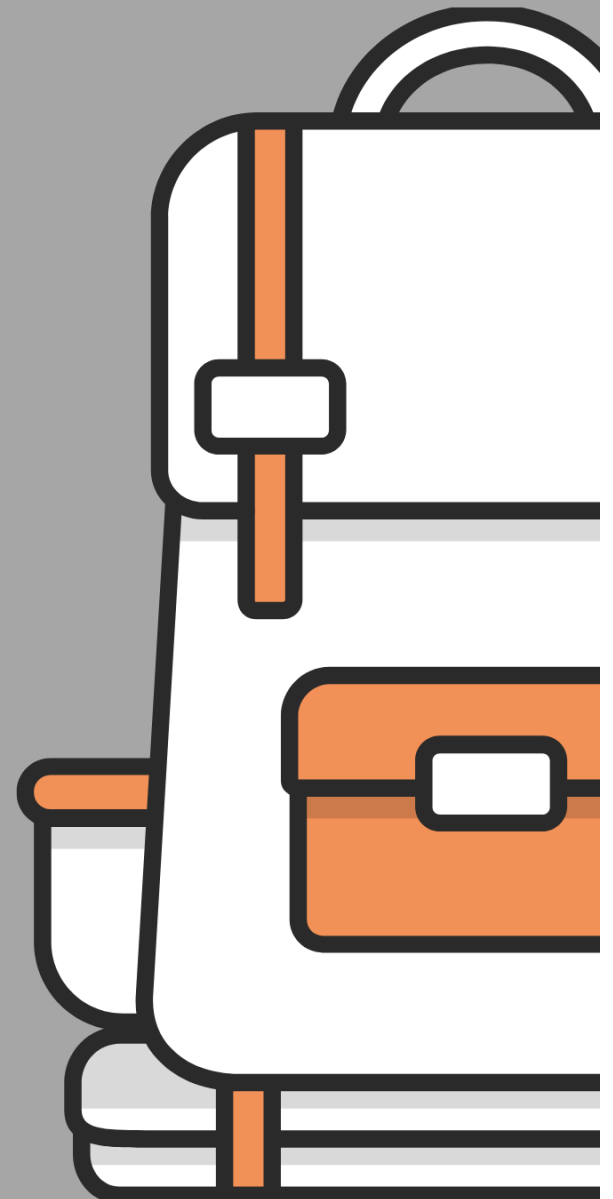
Return Sunday at 4:30pm to CBC

No Cost!

Please RSVP by Wednesday July
24th to Dave at
superdave.thomas@gmail.com
or sign up online at
gvcbc.org/junior-high

Location to be determined due to
snow!

Pre pack meeting
Wednesday July 24th at 6:30pm
at Thomas Lake



Pack List

What to Bring:

Backpack
Sleeping bag
Sleeping pad
Hiking boots or good fitting tennis shoes (with laces)
Flashlight
Tent - optional - only if you really need it
Plates and utensils
Stove (Share)
Pot or Pan
Water bottle
Water filter or Purification tablets (we will have some to share)
Food
Layer-able clothes (cold evenings)
Swimsuit
Toilet paper
Plastic bag for garbage
Garbage bag (to cover pack incase of rain)
Bible (small)
Insect repellent (important!)
Sunscreen (can be shared)
Sunglasses

Food - **2 dinners** (examples - top ramen, cup of soup (**no metal cans**), mac and cheese, any pasta, pre-packaged dehydrated food e.g. (Mountain House))

2 lunches (examples - bagels, rolls, squeeze cheese, crackers, hard salami, dried fruit, trail mix, protein bars)

2 breakfasts (examples - breakfast bars, bagels, instant oatmeal)

Packs - Both internal and external frames are good. These can be rented or borrowed. Staff may have some to be borrowed...call ahead.

Clothing - suggested: 1 pair pants/sweats, 1-2 pairs shorts, 2-3 t-shirts, 1 swimsuit, 3 pairs socks, underwear, light jacket/ sweatshirt, sandals (optional), towel (optional)

This pack should not be more than 15-25 lbs. (depending on physical size and ability). The lighter, the better.