



A d v e n t u r e M i n i s t r i e s

Wilderness Backpacking Recommended Gear

When spending multiple days in the wilderness, proper equipment is essential to keeping you safe and comfortable. In the mountains, weather can change radically in a matter of minutes and being prepared for all types of weather is what can make or break a trip. Lat45° will be providing participants with all of the needed equipment for a week in the backcountry. However, students will need to be able to provide their own personal items such as clothing and toiletries.

If you have your own gear that you are just dying to bring along, feel free. Lat45° leaders will look through the items that you wish to bring to assure it meets our safety standards.

The key to staying safe and comfortable in the backcountry is layering. Think through what you will be wearing at any given time and how that can be quickly adjusted to meet your needs as the weather changes. You want to avoid overdressing because that can lead to excess perspiration and wet clothing. Also, keep in mind that whatever you are not wearing will be carried in your pack which adds to overall weight you must carry. On the other hand, you most certainly will want some warmer clothing for sitting around in camp.

Minimize Cotton!

Cotton dries very slowly and maintains little to no insulating properties when it is wet. Wool and synthetic materials such as polyester and polypropylene are far faster drying and will keep you warmer even if you are soaked to the bone. You can find inexpensive products at thrift stores and Walmart that will serve you well for a trip with Lat45°!

We are SO excited you have chosen to join us on this journey to experience God's creation! Contact us with any questions at 406-208-2298 or by e-mail at tj.lat45@gmail.com.

What To Bring: for backpacking

**Remember - as little cotton as possible &
Weight = Potential Discomfort!**

- Boots/ trail shoes or running shoes - hiking boots are great but we have found good trail shoes or athletic shoes to work just as well
- Camp Shoes - sandals, flip flops, slip-ons... comfy for sitting in camp, but lightweight
- Base layer - long underwear – top and bottom (This is THE most important piece to NOT be cotton)
- Underwear - 1 pair (besides pair worn)
- 1 T-Shirt or sun shirt (besides one being worn – long-sleeved helps prevent bug bites/sun overexposure)
- Warm upper body layer ie fleece/jacket... (no heavy hoodies!)
- Shorts - 1 pair (HIKING style if possible – not cotton)
- Pants - 1 pair (lightweight/breathable like HIKING pants - Jeans are very uncomfortable to hike in and are very heavy to carry, therefore they are not recommended for backpacking.)
- Sweatpants - 1 pair for in camp
- Wool Hiking Socks - 2 pairs (one worn)
- Hat - something to keep the sun off your face and scalp (baseball cap or sunhat)
- Beanie – a warm hat to cover your ears
- Rain Jacket/Poncho (we can provide rain jacket and pants if needed)
- Gloves - ski gloves work great!
- Watch (if desired)
- Sunglasses (if desired)
- Toothbrush and Toothpaste (travel-sized, and unscented if possible)
- Lightweight comb or pick rather than hairbrush
- Sunscreen/bug spray (travel size)
- Lip balm (high SPF is helpful!)
- Small towel (hand towel sized)
- Lightweight Bible (if you don't have one, we'll get you one!)
- Notebook and pen/pencil
- Fishing license, backpacking pole and basic gear for those trips that get a chance to fish (not all trips will have the chance to fish – check with us first!)
- Prescription medication in original bottle/label

What Not To Bring:

- Deodorant (unless unscented), essential oils, makeup or other bear attractants that smell good to people and bears alike
- Weapons - guns, knives, bows, machetes, cannons, ballistic missiles!
- Drugs/alcohol/tobacco products/vape devices
- Cell Phones/Electronic devices of any other kind
- Extra forms of entertainment...ie: books, crosswords, etc. Please don't think we're trying to be mean - we want you to connect with your leaders and other participants; plus any extra stuff means extra weight you have to carry!

Any of these items discovered before or during a trip will be confiscated by Lat45° staff and locked in the van. Parents/guardians of participants found with any of these items will be notified. The discovery of these items can potentially be grounds for sending a student home.