



The youth guys will be hiking and backpacking the week of March 11th-15th in the Davy Crockett National Forest.

Here is the gear that each student will need:

- [Hiking Backpack](#)- can borrow some from Baugh's, Arnold's, etc.
- [Sleeping Bag](#) - recommended: down
- Large Water Bottle ex. Nalgene Recommended: bring at least two bottles.
- Pants, underwear, and dry-fit shirt. Recommended: hiking pants and shirt, with compression shorts. \*Don't pack multiple days. Just one pair to wear and one pair to change into.
- Socks- make sure socks are wool or are good for hiking. Carry at least two pairs.
- Rain jacket that can be folded up tightly.
- Hat, sunglasses, and small tube of sunscreen.
- Shoes.- Recommended: hiking shoe and no steel toe boots. Recommended: water-resistant.
- If student has a tent, please check with Daniel if needed.
- Medicine that student absolutely needs. Get small pack of blister treatments to share with friends if no prior hiking experience. Recommended: small first aid kit.
- Hand Sanitizer.
- Roll of toilet paper- small or set of wet-wipes.
- Food- enough for 12 meals, with energy snacks. Trash must be packed out. Recommended: bringing gallon zip lock bag for trash items. Recommended: trail mix, packs of tuna or chicken, energy bars, etc.
- Headlamp, flashlight, extra batteries for these items.
- Compass or navigation tool.
- Knife or multitool; lighter.
- \$25 for water supplies, meals on the way to destination and return home.

\*Know the more you bring, the heavier your backpack will be. Adults and or students will not carry your items for you. Pack minimally.

\*For clothing, it is recommended to wear layers.

\* For more detailed info, please read

<https://www.rei.com/learn/expert-advice/day-hiking-checklist.html>

Please turn in form to Daniel Waid at FBC Rusk. If you haven't filled out a release form, please turn one in with FBC Rusk. <http://ruskfbc.com/events-forms>



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Parental Release for Hiking Backpacking Trip March 11-15th.

I, \_\_\_\_\_, guardian/parent of \_\_\_\_\_, give permission for my child to attend and participate on the hiking and backpacking trip with FBC Rusk and its leaders.

Parent Signature: \_\_\_\_\_

Date \_\_\_\_\_