**High School Boy’s Backpacking Trip 2023**

**Destination:** Red River Gorge of the Daniel Boone National Forest in Eastern Kentucky

**Important Dates/Times:**

- Monday 6/12/23, 6:00pm-9:00pm pack all gear at church; meet by Aud B, we pack early to make sure you are prepared. If you don’t have the right stuff, there is no way to get it once we are down there.

- Wednesday 6/14/23 leave for Red River Gorge at 10:00pm, after service, from the church

- Saturday 6/17/23 return to the church by 9:00pm

* Price: $90 (Cash, check or Zelle at events@mtzion.org) – includes gear, transportation, back pack, sleeping pad, tent, park permit and food while in Kentucky, but does not include food while on the road. We will need to stop on the way down and on the way back for gas etc. at which time the kids can get food, but that is not covered in the price.

**- Spot is not reserved until waiver is filled out and signed, insurance information is entered on waiver form and received, and payment is received.**

**What you need to bring:**

- Sleeping bag or fleece blanket

 - You need something warm to sleep in when it’s wet. Cotton will not stay warm

- Hiking boots/sturdy gym shoes. These shoes will get very dirty and very wet.

- 2 outfits, both that can be used to sleep in and hike in

 - Avg. temp during day is in the 80’s and at night the mid 50’s

 - One outfit must include long, light running/jogging pants

 - All clothes should be light weight and dry quickly

 - Nylon, polyester type (athletic) materials work best

 - No cotton or denim, because it does not dry and it chafes your skin when it’s wet

- 1 light fleece top. A light fleece jacket is good

- 2 pair of socks wool or synthetic are best, if you have them

- 2 pair of underwear (non-cotton)

- One clean outfit to leave in the vehicle to travel home in.

- Toothbrush and toothpaste

- Please only bring prescribed medications in correct amount for the time we will be gone and no more

- Poncho

 - Meijer and Bass Pro have very good fairly inexpensive rain gear

- Small flashlight or headlamp, extra battery

- A non-breakable cup (12-16oz preferably) and a spoon.

- Water bottle

 - This can be as simple as a plastic water bottle from the store. This will get refilled several times and be the main thing they will drink purified water from.

**- Phone for travel time only: it will need to stay in the vehicles while camping at your own risk.**

 - Please note there will be no service.

- Personal food and snacks OR money for the car rides to and from Kentucky. This food will stay in the bus while we are camping.

**Don’t bring:**

- Any technology other than your phone, which you bring at your own risk, and we ask that you leave it in the vehicles when we go to set up base camp.

- Back pack (provided)

- Tent (provided)

- You can feel free to call Pastor Billy at any point – 248.534.5821

- Personal food and snacks OR money ($20 is ok) for the car rides to and from. — This food will stay in the bus while we are camping. You can just bring this with you the day we leave.

Contact Pastor Billy if you have any questions: billy@mtzion.org or 248.391.6166