



MOUNTAIN VALLEY EXPEDITIONS

A MINISTRY OF SHASTA CHRISTIAN YOUTH
P.O. Box 494591 Redding, CA 96049
www.shastachristianyouth.org

Gear List Remember to think small and light when packing! If there is any gear you do not have let us know, we have some to borrow.

CLOTHING (something that dries quickly is best)

- 2 or 3 t-shirts
- 1 pair shorts, 1
- 1 pair of long pants (non-cotton is best)
- Wool Socks (60-80% is OK), 3 pair
- Hiking Boots that are well broken in
(Good walking shoes are better than new boots.)
- Camp shoes (moccasins, *light* water shoes), 1 pair
- 1 cap for warmth
- 1 fleece jacket or wool sweater
- 1 pair long underwear, top and bottoms
- Rain gear or poncho
- Underwear
- 1 swim suit & teva-type sandals/tennis shoes for getting wet

MISCELLANEOUS

- Sunscreen & Chap-Stick
- Hat
- Sunglasses
- Bible & Notepad (small)
- Head lamp or small light
(With extra batteries)
- Water Bottle
- Sleeping Bag

For The Drive

- Comfortable clothes
- Snacks
- Money for food

HYGIENE AND PERSONAL

CARE (Think Small!)

- Toothbrush/Toothpaste
- Deodorant
- Toilet Paper
- Towel(polyester)or Shami
- Biodegradable Soap

Optional Items

- Energy/Nutrition Bars
- Camera
- Fishing Equipment
(CA license required)
- Hand Sanitizer



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Getting Prepared

Week Before

- ◆ Wear your Camping boots around the house. Preferably, put on a heavy backpack and walk around for an afternoon. You want to wear in your boots gradually, before you get on the trail.
- ◆ Review the gear list to make sure you have everything you need.

Day Before

- ◆ Go over the gear list again, double-checking that you have every item.
- ◆ Make sure your fingernails and toenails are clipped.
- ◆ Get a good night's rest.

Day of Trip

- ◆ Eat a healthy breakfast!
- ◆ Meeting location and time TBA.
- ◆ We will distribute the food and gear evenly and then pack all bags before leaving.

Returning Home

- ◆ Our goal is to arrive back between 4 and 5pm with a pick up time between 5 and 6pm. We will try to call when we leave the trailhead, or while we are on the road back to meeting location.
- ◆ Participants are ready to leave after we have cleaned and properly stored away the gear.
- ◆ We will end our time together as we began it, with a prayer.