



Wilderness: Backpacking **PACKING LIST**

It is in your best interest to read through this packet of information thoroughly, making notes and/or lists as you go. While you don't need to be a seasoned wilderness explorer or have all the newest gear, you do need to be prepared. This list and the explanations within it will ensure that you are comfortable and safe on your trip.

Questions: Contact us at 630.752.5124 or passage@wheaton.edu

GUIDELINES FOR GETTING GEAR

- If you have questions or want advice, please ask! We'd love to help you out.
- You probably have a lot of what you need sitting in your closet right now. And if you don't, your family and friends might, so **see what you can borrow before you start buying stuff.**
- Shopping second hand stores and Apps helps save money and resources. Remember that having clothing made of the right fabric is more important than buying a trendy brand. If you're having trouble getting the right equipment for any reason, please email: passage@wheaton.edu.
- Wisconsin summer weather typically means highs between 70° and 90° and lows in between 30° and 50° Fahrenheit. Bring layers you can use to keep you comfortable despite the changes in weather.

WHAT HONEYROCK PROVIDES

You are not responsible to purchase the below items. These items will be provided to you by Passage. Any personal items you bring are subject to the approval of HoneyRock staff.

All Group Gear, Plus Some Extras

- Tents/Tarps/Ground Tarps/etc.
- Stoves/Water Filters/Water Purification
- Sleeping Pads (Foam)
- Backpacks/Dry Bags
- Cookware/Eating Gear/Durable Waterbottles
- First Aid Supplies/Repair Kits/etc.

Note: If you have any of the above items you are welcome to pack them. If you choose to do so, our trained trip leaders will check to make sure they are suitable for the trip before packing out.

AN EXPLANATION OF THE DIFFERENT TYPES OF CLOTHING FABRICS

COTTON

AVOID COTTON. When cotton gets wet (even from sweat) it stays wet and will not keep you warm. This includes materials like corduroy, denim, and flannel.

SYNTHETICS

These are materials like nylon, polyester and spandex that are used to make a lot of athletic-style clothing. Synthetic materials dry more quickly than cotton, and wick moisture away from your skin to help keep you warm.

FLEECE

Fleece also dries more quickly than cotton, and will keep you warm even when it's wet.

WOOL

Wool doesn't dry very quickly, but it is odor resistant and will keep you warm even when it's wet.

IMPORTANT NOTICE

Wilderness Passage includes 2 phases. Phase 1 is your wilderness trip. Phase 2 occurs at The HoneyRock Center for Leadership Development with full amenities. When you check in, you will pack your trip gear in Passage-provided packs and other gear will travel to HoneyRock when your wilderness phase is complete.

We recommend that you pack two bags: a Phase 1 bag and a Phase 2 bag. See following pages for instruction.

6 Day Backpacking Trip

PHASE 1

CLOTHING

Note: Variable weather conditions can require clothing not ordinarily needed in August. It is better to be safe and pack thermal layers and dry wear in case these conditions occur. You will not have access to additional supplies once we depart on trips.

UPPER BODY

- Base Layer
 - synthetic, non-cotton long underwear top that will help keep you warm, especially at night.
- T-shirts (2) – synthetic or wool
- Long-Sleeve Sun Shirt (1)
 - Synthetic (non-cotton)
 - Also used to keep bugs away
 - Sun protection
- Women: Moisture wicking material is recommended for sports bras

LOWER BODY

- Athletic Shorts (1–2 pairs)
- Hiking Pants
 - Synthetic, non-cotton, lightweight and quick drying. Athletic-style is fine.
 - “Zip-off” convertible shorts are really useful
 - Leggings or windpants work well
- Base Layer
 - Synthetic, non-cotton long underwear bottoms to keep you warm at night.
- Underwear (3–5 pairs)

FOOTWEAR

- Camp Shoes
 - Sturdy shoes or sandals w/ secure back strap
 - No Flip Flops
- Hiking Boots or Trail runners
 - Midrise, breathable boot or shoe.
 - Sturdy: can withstand 5–10 hiking miles per day with 40–50 lb pack
 - Multi-Terrain: may include mud, rocks, hills etc.
 - Break them in! To avoid blisters, you will want to wear them before the trip.

- Socks (3–5 pairs)
 - Wool or synthetic
 - 3–4 for hiking
 - 1 for sleeping (thicker)

HANDS AND HEAD

- Lightweight winter hat
- Gloves for chilly mornings and evenings around the campsite

OUTERWEAR

- Rain Jacket
 - Lightweight, breathable and waterproof (**not water resistant**)
- Lightweight synthetic or down jacket
 - Your primary “keep warm” layer.
- Rain Pants
- 1 Modest Swimsuit

OPTIONAL CLOTHING ITEMS

Not needed. Pack if you own or could borrow.

- Fleece Pants
 - For added warmth.
- Baseball Cap or Hat w/ Brim

GEAR

PERSONAL

- Bible (pocket-sized)
 - May get wet
- Journal/Pen
- Sunglasses
- Bug Spray:
 - NON-AEROSOL.
 - Note: 30% Deet Bugspray is maximum strength - avoid 100% Deet for health reasons.
 - HoneyRock makes head covering bug nets available.
 - Lighter colored clothing attracts less bugs.
- Sunscreen is required
 - SPF 30 or above
 - Travel size: Purchase a 3 oz container separately if needed
- Headlamp with extra batteries
- 2 Gallon-Sized Ziploc Bags
 - These will be used for keeping some items dry.
- Money: \$50 for incidentals
- If you need any special food or want any additional snacks they must fit in a 1-quart Ziploc bag.
- Required Text: **2025** Wheaton Passage Workbook (Completing the reading before your arrival on campus will create more time in your Passage schedule.)
- 1 printed photo of family or people who are close to you to share with your Passage group
- 1 Transitional Object: A pocket-size item that describes something that has been important to you and/or represents a piece of your story for sharing in a small group discussion.

BEDDING

- Sleeping Bag
 - Small - packs down to 9"x20"
 - Be rated for at least 30° Fahrenheit / 20° if you get cold easily

TOILETRIES

- Travel toothbrush and paste
- Baby wipes
 - Great to use as a “mini shower” and general hygiene. Bring 1–2 wipes per day on trip.
- Chapstick
- Women: Feminine hygiene products
 - Trip environments can cause an unpredictable cycle. You can also bring panty liners to help with personal hygiene.
- Personal products to avoid chafing like Vaseline, Gold Bond, etc.

OPTIONAL GEAR ITEMS

- Stuff Sacks
 - To keep your stuff organized on trip.
- Carabiners
 - Not rock-climbing rated; for organizing, hanging, and drying.
- Lightweight Durable Water Bottle
 - Used Nalgene are available.
- Buff/Bandana
- Crazy Creek or Compact Camp Chair
 - This is a total luxury item! Please make sure this weighs less than 3 pounds.
- Inflatable or self-inflating sleeping pad designed for backpacking.
- Packable camp pillow

3 Days at HoneyRock

PHASE 2

CLOTHING

When arriving to HoneyRock following your wilderness trip, think about packing fresh, additional clothing items you'll want in a residential camp environment at HoneyRock. Weather at HoneyRock can be 80°F during the day and down to 30°F in the evenings. Laundry will not be available but it's normal to wear clothes multiple times! You might wear a sweatshirt in the morning/evening and a t-shirt in the afternoon. You are encouraged to pack luggage in a small backpack, single duffel, or carry-on-sized suitcase. Please consider what you have already packed for trip that you can continue to wear at HoneyRock to save space.

CLOTHING

- 1 long sleeve shirt
- 1 sweatshirt or fleece from your wilderness trip
- 1 pair of pants or jeans
- 1 pair of work pants that can get wet and dirty
- 1 pair of athletic shorts
- 1 modest swimsuit
- 2-3 t-shirts
- 1 t-shirt that can get dirty
- Underwear and socks

FOOTWEAR

- 1 pair of shoes that can get dirty for work and play.
Note: Many students wear their shoes from their trips.

GEAR

PERSONAL CARE

Students will have access to shower blocks a short walk away from their cabin housing on HoneyRock's campus.

- Pajamas
- Small carry-on size toiletry items: toothbrush, toothpaste, deodorant, soap, shampoo, feminine hygiene products, etc.
- Bath towel
- Shower shoes (flip flops)

BEDDING

Students will sleep in cabins with skylights and mesh windows—the temperature outside is the temperature inside!

- Small packable pillow

OTHER

- \$20 for any extra purchases
- Hammock. Note: Hammocks are permitted at HoneyRock only and not on trip

DO NOT BRING

- Phone or other technology device.

If you are needing medical accommodation that requires technology, please reach out to Wheaton's Learning & Accessibility Services Office at las@wheaton.edu.

In case of emergency, students should notify a member of staff. Parents can call 630-752-5368 to connect with their students should an emergency arise at home. Students should leave their devices in their residence hall for safekeeping before departing for their Passage site.

