

## THOUGHTS BEFORE CAMPING IN THE BLACK HILLS

As you are thinking about what to bring, a brief description of the weather conditions that may be encountered will be helpful. The key thing to keep in mind is the elevation and the weather extremes that will accompany it. Elevations will range from 5,000 to 7,000 feet above sea level. In the summer in the Black Hills, one may encounter frost, rain, sleet and snow as well as 85-90 degree days.

In outdoor conditions, staying dry is extremely important. Rain gear is an absolute must! It is also important to keep warm. The best way to stay warm and dry in adverse conditions is to pack clothes that can be layered (see equipment list). A big, bulky jacket is not necessary.

### SOME THOUGHTS ON FABRICS/ MATERIALS FOR CLOTHING:

- Cotton:** Absorbs lots of water, dries slowly and loses most of its insulating value when wet.
- Wool:** Much less absorbent than cotton, dries quicker, too. One of the best retainers of its insulating value when wet. Keeps you warm even when wet.
- Polypropylene:** A lightweight synthetic fiber that is non-absorbent, can be shaken nearly dry. A very good fabric for inner wear. (often called "polypro")
- Nylon:** Lightweight, good wind protection. If waterproof, good rain protection. Dries quickly. Very good outer layer.
- Down:** Lightweight and packable, but nearly worthless if it gets wet; very difficult to get dry.
- Fleece:** Lightweight, non-absorbent. An excellent insulating layer. Dries quickly.

### FOOTWEAR

Your feet are your "sole" means of transportation. The boots you wear for hiking or backpacking are very important. This does not necessarily mean buying a new pair of boots because new boots can cause blisters and be very hard on your feet. If buying a new pair, consider some of the lightweight hiking boots on the market. They are easier to break in and are usually easier on your feet than the all-leather type. Make sure your hiking boots provide ankle support. Running shoes provide no ankle support. Buy new boots at least two weeks in advance of your trip. Make sure your boots, whether new or used, are well-broken-in to your feet.

Having good socks is as important as having good shoes. Socks can help prevent blisters as well as keep your feet warm. Wearing two pairs of socks in hiking boots usually helps prevent blisters. We recommend a thin pair of polypropylene or synthetic socks underneath a pair of wool socks.

### YOUR MOUNTAIN BED

Keep in mind that the mercury may dip down to freezing at night, so a warm sleeping bag is important. Synthetic bags will keep you warm if wet. The camp will provide foam sleeping pads if you will be backpacking or camping out and sleeping on the ground.

### HYDRATION

As you come to higher elevations, you need to drink more water to help your body adjust to the elevation. Two or three days prior to coming to camp, drink lots of water. This will help prevent altitude sickness. It is better if you drink only water or lemonade on the trip out to camp. Do not drink pop or caffeine on the trip. You will feel much better on your adventures if you drink plenty of water.

## WHAT TO BRING

These are items you must bring for your week of *Disciple Project*:

- \_\_\_\_\_ Sleeping bag rated at 30 degrees Fahrenheit
- \_\_\_\_\_ Rain gear (poncho or rain coat and pants)
- \_\_\_\_\_ Two pair of shoes/boots depending on your chosen activities (hiking boots for backpacking and hiking, work boots for servant projects, boots with 1/2 " heel for horseback riding, other shoes for around camp)
- \_\_\_\_\_ 2 pair long pants (work pants or jeans; loose-fitting for hiking, working, biking)
- \_\_\_\_\_ 5-6 pair heavy socks (Need both wool socks and thinner cotton/polypro socks for long hikes and backpacking)
- \_\_\_\_\_ 1-2 pair shorts
- \_\_\_\_\_ 4 T-shirts
- \_\_\_\_\_ 1 long-sleeve shirt
- \_\_\_\_\_ Sweatshirt or windbreaker with a hood
- \_\_\_\_\_ Wool sweater or polar fleece layer
- \_\_\_\_\_ Underwear
- \_\_\_\_\_ Bandanas (optional)
- \_\_\_\_\_ Hat/cap to shield face from sun
- \_\_\_\_\_ Gloves/knit hat for warmth
- \_\_\_\_\_ Flashlight
- \_\_\_\_\_ Pen/pencil and paper
- \_\_\_\_\_ Bible
- \_\_\_\_\_ Day backpack (school bookbag size)
- \_\_\_\_\_ Towel/washcloth
- \_\_\_\_\_ Clothes for your group's van trip
- \_\_\_\_\_ Health form filled out and signed
- \_\_\_\_\_ Swimsuit/Towel
- \_\_\_\_\_ Check Tracks for Homework

### Toiletries:

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|-----------------------------|--|
| _____ Toothbrush/toothpaste | _____ Brush/comb   |
| _____ Soap                  | _____ Deodorant  |
| _____ Sunscreen             | _____ Lotion   |
| _____ Insect repellent      | _____ Feminine hygiene supplies  |
| _____ Lip protection/balm   | _____ Medicines (Please bring prescriptions in the original bottle with the doctor's directions on the label.) |

Optional items: Money for camp t-shirt/sweatshirt or snacks, sunglasses, hacky sack, frisbee, deck of cards, book, binoculars, camera/film, flower/bird/rock books.

Please do not bring: junk food, electronic devices (i.e., walkmans, MP3 players), cell phones, pets, tons of toiletries, knives, fireworks, weapons, illegal substances (alcohol, drugs, cigarettes), or other unnecessary or dangerous items.

HYDRATION: Please drink lots of water for two to three days prior to coming to camp. This will help prevent altitude sickness. Avoid caffeine and pop on the trip out to camp.

## FITNESS

The adventure you are about to embark on will be rewarding and fun, but it will also be physically challenging and should not be taken lightly. One must be as physically prepared as possible to enjoy the adventure experience to its fullest!

The best kind of “fitness” is what we call endurance fitness: the ability to do prolonged work without fatigue. It has to do with the body’s overall health – the health of the heart, the lungs, the entire cardiovascular system and the other organs, as well as the muscles. The key to the whole thing is oxygen.

In simple terms, any activity – breathing, digesting, even the beating of the heart – requires energy. The body produces this energy by burning foodstuffs, and the burning agent is oxygen. The body can store food at each meal, using what it wants and saving some of the rest for later, but it can’t store oxygen. The key, then, is to get enough oxygen and to carry it in the blood to all areas of the body. The oxygen and food can then combine and produce energy as needed.

Most of us can produce enough energy to perform ordinary daily activities. As the activities become more vigorous, (i.e. hiking mountains, biking, caving) however, some of us can’t keep up. This is because, in some bodies, the means for the delivery of oxygen is limited. And remember, this week you will be at a higher altitude where there is less oxygen in the air.

Therefore, what you need to do to prepare your body for this kind of trip is to engage in the kind of exercise that demands oxygen and forces your body to process and deliver it. These types of exercises are called “aerobic” (with oxygen) exercises. Aerobic exercises include running, walking, swimming, cycling, aerobics, etc. Notice that isometrics, weight lifting and most calisthenics don’t make the list.

We want your adventure experience to be as enjoyable as possible! Besides, once you’ve made the commitment to a regular aerobic exercise program, you’ll know that you’re doing one of the nicest things possible for yourself – you’re strengthening your heart, keeping your body in shape, and improving your quality of life. You’ll have more stamina, a brighter outlook, and a sense of commitment and control over life that will enable you to handle life’s daily challenges.

