

What to Bring to “Switchback20”



Gear and Supply List:

Below is a list of items that are recommended for “Switchback20”. This list includes a great deal of forethought, preparation and experience and should be seriously considered. Unless listed as “optional” these items should be brought to camp. This list is based on the 2022 program and should not be compared to previous years’ or programs.

Note: Campers will need to have room in or on their bags for additional items that will be added once they arrive at camp (i.e. food, tent, etc.).

PLEASE NOTE: The below list has links to example items for your convenience. Simply click on an item to see examples or to order from Amazon.com

- ☐ [Mess kit](#)
- ☐ [Utensils](#) (fork, spoon)
- ☐ [Sponge](#) (small pre-soaped works good)
- ☐ [Camp shoes](#) (i.e. “croc’s or sandals”)
- ☐ Boots (lightweight – no steel toe) [SUGGESTION 1](#) / [SUGGESTION 2](#)
- ☐ Socks (both [wool](#) and [cotton](#))
- ☐ Rain Gear – (jacket or poncho)
- ☐ [Ball cap](#) (OPTIONAL)
- ☐ Clothes [LIGHTWEIGHT PANTS SUGGESTION](#)
- ☐ \$16.00 in quarters (for our staff to wash your laundry on the weekends – this will be collected at check-in)
- ☐ 4 [collared shirts](#) for chapel (**in additional to other clothes**)
- ☐ Air-seal bags for clothing or large Ziplock style bags (OPTIONAL - Saves space and keeps clothes dry)
- ☐ [Camp towel](#) (**this is not a traditional towel**)
- ☐ Laundry Bag (disposable trash bag works well)
- ☐ [Insect repellent](#) (OPTIONAL)
- ☐ Prescription medication if needed)
- ☐ [Emergency glow stick](#) (this is a chemical light, NOT a battery-operated light)
- ☐ [Mirror](#) (OPTIONAL)
- ☐ [Sewing kit](#) (OPTIONAL)
- ☐ Tool knife (Swiss Army or Leatherman style) [SUGGESTION 1](#) / [SUGGESTION 2](#)
- ☐ Sleeping Bag (lightweight) [SUGGESTION 1](#) / [SUGGESTION 2](#)
- ☐ Sleeping Pad [SUGGESTION 1](#) / [SUGGESTION 2](#)
- ☐ [Backpack](#) (4000+ cu. in.) – **Call for rental availability**
- ☐ [Two Trekking Poles](#) (REQUIRED - MUST BRING)
- ☐ (3) [32-ounce water storage bottles](#) (wide mouth)
- ☐ Ziplock bags (for dry storage)
- ☐ [Carabineers or D-clips](#) (OPTIONAL)
- ☐ [Headlamp](#) w/ 1 extra set of [Batteries](#)
- ☐ [Toilet paper](#) (biodegradable)
- ☐ [Bible – KJV](#) (must be Old and New Testament)
- ☐ [Small notebook](#)
- ☐ Pen/pencil
- ☐ Personal hygiene items (toothpaste, comb, deodorant, soap, shampoo) **ENOUGH FOR THE ENTIRE 20 DAYS**
- ☐ [Hand Wipes](#)
- ☐ [Small Hatchet](#) (**PACK SEPARATELY - Must be handed in to staff at check-in** – Used during supervised session)
- ☐ 1 Can of Isobutene fuel (**PACK SEPARATELY - Must be handed in to staff at check-in** – Used during supervised session) [SUGGESTION 1](#) / [SUGGESTION 2](#)
- ☐ [Rainfly](#) (This is a cover for your backpack to keep things dry in the rain – **This does NOT come with rental packs**)
- ☐ Snack Shop Money (Recommended \$30 to \$50 per week. This is a 3-week program)

What NOT to Bring:

Radios, CD, tape players, MP3 players, electronic games, tobacco/alcohol, nicotine substitutes, essential oils, vaping paraphernalia, illegal products or substances, cannabis in any form, fireworks, tank tops, t-shirts with worldly ads (tobacco/beer/music bands or groups/etc), guns, cell phones, matches, lighters, buck knives, machetes, magazines, and books (beside Bible and notebook).

PLEASE NOTE – All campers in this program will be subject to a bag search during check-in.

SPECIAL NOTE: Please mark the camper’s name on as many items as possible - many campers will have identical items.