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 Track includes 2 phases. Phase 1 is your wilderness trip. Phase 2 occurs at HoneyRock with all the other tracks. When you check in, you will pack your trip gear in waterproof bags and the rest of your gear will travel to HoneyRock for when you return from your trip.

We recommend that you pack two bags: a Phase 1 bag and a Phase 2 bag. See following pages for instruction.
9 Day Sea Kayaking Trip
PHASE 1

CLOTHING

Note: Variable weather, trail and water 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 into the wilderness.

UPPER BODY
- Base Layer
  - synthetic, non-cotton long underwear top that will help keep you warm, especially at night.
- T-shirts (1-2) – synthetic or wool
- Long-Sleeve Shirt (2)
  - wool/fleece/synthetic (non-cotton).
  - Added layer of warmth
  - Also used to keep bugs away
- Ladies: 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
- Base Layer
  - Synthetic, non-cotton long underwear bottoms to keep you warm at night.
- Underwear (3-5 pairs)

HANDS & HEAD
- Ball cap
- Lightweight Winter Hat
- Gloves for chilly mornings and evenings around the campsite

OUTERWEAR
- Rain Jacket
  - Lightweight, breathable and waterproof (not water resistant)
- Lightweight Fleece Jacket OR Lightweight Down Jacket
  - Your primary “keep warm” layer.
  - Fleece keeps you warm even if it gets wet.
  - Down is packable but when wet, will no longer keep you warm.
- Swimsuit
  - You’ll wear this underneath your wetsuit (wetsuit provided by HoneyRock).
  - Women: one piece
  - Men: shorts style

OPTIONAL CLOTHING ITEMS
Not needed. Pack if you own or could borrow.
- Fleece Pants:
  - For added warmth.
- Rain Pants:
  - Protection from cold and heavy rain.
  - Nylon pants dry quickly and are suitable for most conditions.

PERSONAL
- Bible
  - Pocket-sized
  - Worth buying a small bible specifically for this trip
- Journal/ Pen
  - Again, small/packable.
- Embracing the Love of God
- Sunglasses
- Bug Spray:
  - NON-AEROSOL.
  - Recommended: Off Deep Woods Sportsmen II, Cutter Backwoods Unscented, Off Family Care Smooth & Dry, 3M Ultrathon Insect Repel lent, or Repel Sportsman Max.
  - Sunscreen is required
    - SPF 30 or above
    - Travel size: Purchase a 3 oz container separately if needed
- Headlamp w/ Extra Batteries
- 3-4 Gallon-Sized Ziploc Bags
  - This is the best waterproofing method out there.
  - These will be used for keeping your stuff dry and organized.
- Money: $25 for 2 meal stops en route
  - If you need any special food or want any additional snacks they must fit in a 1 quart Ziploc bag

BEDDING
- Sleeping Bag
  - Pack down to 9”x20”
  - Be rated for at least 30 degrees Fahrenheit / 20 if you get cold easily
  - You can purchase a Marmot Trestles 30 sleeping bag from HoneyRock during the registration process.

FOOTWEAR
- Water Shoes
  - Sturdy w/ secure back strap
    - Yes: Chacos, Keens, Teva
    - No: Flipflops, Crocs
- Sneakers for Hiking/ dry camp shoe
  - Hiking Boots NOT Recommended
- Socks (5-6 pairs)
  - MUST be wool or synthetic
  - 3-4 for hiking
  - 1-2 for sleeping (thicker)

GEAR

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.
- Chap Stick
- Ladies: Tampons/Panty Liners
  - The trip environment can cause an unpredictable cycle. You can also bring some panty liners to help with personal hygiene.

OPTIONAL GEAR ITEMS
Not needed, but useful.
- Stuff Sacks
  - To keep your stuff organized on trip.
- Carabiners
  - Not rock-climbing rated; for organizing, hanging, and clipping things together or to your pack.
- Nalgene-Style Water Bottle
  - HoneyRock has these for you to use on trips but some people prefer their own and they’ll be useful for the rest of your time at HoneyRock.
- Multi-Tool with Pliers/Knife
  - Not provided as group gear. Used for food prep and additional tasks.
- Vaseline
  - Travel-sized jar for chapped lips, chafing, and blisters.
- Buff/Bandana
- Crazy Creek or Camp Chair
  - This is a total luxury item. But it can be nice around the fire at night!
## 5 Days at HoneyRock
### PHASE 2

<table>
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<th>CLOTHING</th>
<th>GEAR</th>
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| **Think layered and comfortable clothes you can move around in. You’ll be doing a lot of things outside: canoeing, short hikes, team-building activities, etc…**<br>Oftentimes, Wisconsin weather will have you wearing a sweatshirt in the morning/evenings and a t-shirt in the afternoon. **Laundry will not be available but it’s normal to wear clothes multiple times!**<br><br>**CLOTHING**<br>☐ 1 winter hat/headband for cold nights  
☐ 1 long sleeve cotton or synthetic shirt  
☐ 1 sweatshirt or fleece  
☐ 1 durable lightweight rain jacket  
  - We recommend water proof (not resistant)  
☐ 2 pairs of pants or jeans  
☐ 2 pairs of work pants that can get wet and dirty  
☐ 2 pairs of athletic shorts  
☐ 1 swim suit  
  - Women: 1-piece or 2-piece that covers like a 1 piece for women  
  - Men: shorts-style  
☐ 5 t-shirts  
☐ 2 t-shirts that can get dirty  
☐ 1 outfit for Sunday church at HoneyRock (jeans/shorts/skirts etc. are all acceptable)  
☐ Underwear and socks  
<br><br>**FOOTWEAR**<br>☐ 1 pair of hiking boots/ sturdy sneakers for activities and service day  
☐ 1 pair of **old** sneakers that can get dirty for adventure challenge activities
| **PERSONAL CARE**  
☐ Pajamas  
☐ Personal toiletry items: toothbrush, toothpaste, deodorant, soap, shampoo, tampons, etc…  
☐ Sunscreen & Bugspray  
☐ Bath towel  
☐ Shower shoes (flip flops)  
<br><br>**BEDDING**  
Students will sleep in log cabins with skylights and mesh windows – the temperature outside is the temperature inside!  
☐ Sleeping Bag or sheets/blanket  
  - Keep you warm in 30°F  
  - Easily packable  
  - Sleeping bags are available for purchase during registration.  
☐ Pillow  
<br><br>**OTHER**  
☐ Beach towel  
☐ 1 pair of durable work gloves for service day  
☐ 1 flashlight or head lamp  
☐ 1 water bottle  
☐ Journal or notebook, pens/pencils  
☐ Bible (Old & New Testament)  
☐ Required Texts: *Embracing the Love of God, Wheaton Passage Workbook*  
☐ $40-50 for use at the camp store and for a meal stop on bus route to HoneyRock  
☐ Alarm clock (Outlets are available in cabins, phones will be stored elsewhere)  
<br><br>**OPTIONAL**  
☐ Fitted sheet – a fitted sheet is nice to have on the mattress below one’s sleeping bag  
☐ Rain Pants  
☐ Sandals (eg. Chacos, Tevas, Keen)  
☐ Watch  

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