



Overnight Packing List

Welcome, everyone, to Riley's Farm Retreat Center's Group Camping Overnight Program! We are situated at about 4500ft. above sea level, and receive rain and snow on a regular basis in the winter. It is by no means an extreme environment, but finding yourself chilly or having wet feet from lack of proper packing are sure ways to ruin the experience.

The following is a list of gear for students, parents and teachers **TO BRING** to maximize your enjoyment during your stay. Campers may be indoors at times but are likely to be staying in tents the majority of the trip, and will be outdoors plenty, as well. Temperatures can dip into the twenties in winter and early spring, so it is best to be prepared!

- Warm sleeping bag, rated between zero and twenty degrees F (See below)
- Pillow
- Two sets of warm clothes capable of being layered. (See below)
- Warm, weather resistant jacket
- Sturdy, comfortable, water resistant shoes. **Avoid canvas (i.e. Vans, Converse)**
- Warm hat
- Flashlight with good batteries (you will use this only briefly)
- Toothbrush, toothpaste, medication, and any other necessary toiletries
- Gloves or mittens (optional, mittens are better)
- Thermal underwear (optional, *but a really good idea in cold weather*)
- Scarf (optional, but nice to have)
- Reading Material (optional), notebook and pen or pencil are recommended
- Thin sleeping pad (optional)
- Extra blanket (optional)
- Camera (optional)
- Money (optional)

More than likely, you will be assigned a tent but some groups are booked in cabins or other sleeping structures. Though we will endeavor to provide you heating in your assigned accommodations, there may not be heating at all times in all of our structures. Therefore, **the most important thing to bring along is a good quality, warm sleeping bag!** When dressing up here in winter, wool, polypro, and fleece are infinitely preferable to cotton. Once wet, cotton is very slow to dry, and wicks heat away from the body.



The following is a list of what can and should be **LEFT AT HOME OR IN THE CAR:**

- Electronic devices (iPods, MP3s, PSPs, etc.)
- Food/Candy/Snacks (Bears love this stuff, seriously!)
- Lighters/matches, etc.
- Anything valuable or sentimental that you don't want to lose

A Note on Hypothermia & Dehydration:

As in every mountain environment during winter, hypothermia can be a reality. While not something to be irrationally feared, it is something to be aware of and prepared for. Like any affliction, it is best cured by prevention. Hypothermia is a drop in core body temperature due to overexposure to cold. It is more than simply being "cold." Mild cases can be treated easily, by sheltering, drying and gradually warming the individual, while more severe cases require rapid medical response/hospitalization. Clinically speaking, the first signs of hypothermia are goose bumps and shivering. More advanced symptoms include blue lips, uncontrollable shaking, and poor motor function. We have never had any problems with our guests becoming hypothermic, but we mean to keep our perfect record. It is simply something to be prevented, and is quite easy to do so by following our guidelines.

Dehydration and altitude sickness can happen easily at 4,500 ft. Altitude sickness or "acute mountain sickness" results from fatigue, dehydration and the low oxygen levels at altitude. Just being at altitude causes you to lose far more fluids than at lower elevations, more than a quart a day just from breathing. It is important for students to drink 1-2 full glasses of water at each meal, and this is especially important when physically active in hiking or recreation sports. Symptoms tend to occur within hours after arrival at high altitude and include headache, nausea, shortness of breath, and inability to exercise. While we will not advise you on how to treat your students in a medical situation it may be helpful for you to know that many leaders who have heard complaints of nausea from students have benefitted from inquiring whether the student had consumed a significant amount of water (if any) since arrival at altitude. There are many instances when students have recovered from nausea symptoms by simply drinking 1-2 glasses of water.