



Dear Camper,

We are excited that you have signed up for Camp Galilee's Backpacking Trek, July 17-23, 2022. During your trek, you will have opportunities to see amazing vistas in the trails of the high Sierras, take a dip in a glacial lake, and share stories with wonderful people. Come with lots of energy and ideas, a desire to share and learn with others, and enthusiasm for building lasting friendships!

Registration begins at 4:00 PM at Camp Galilee on Sunday, July 17th. The on-site youth program will also be starting that day so you will see other campers when you arrive. The backpackers will spend Sunday afternoon and evening getting to know each other, talking about the trip, and preparing. The group will leave for the trail head immediately following breakfast on Monday morning. This year we will be backpacking to Lake of the Woods in the Desolation Wilderness area, which is south west of Lake Tahoe. The trailhead is about a 45 minute drive from the camp. The trek is a moderate 5.3 mile hike with some elevation gain, although we will have all day to finish so we will hike at a comfortable pace for the group. The group will return to Galilee the afternoon of July 22nd to clean up, swim and kayak at Galilee, and have a relaxing evening by the lake. **Check out time is 9:00 AM July 23rd.**

During our trip the group will stay at Lake in the Woods and do day hikes from there. One focus of the experience will be on developing community within a wilderness setting. Participants will learn to work together as a team by practicing group decision-making skills and by sharing community tasks like campsite selection, food preparation and clean up. We will also learn basic backpacking skills during the trip, which include proper equipment use and maintenance, expedition behavior, and low-impact camping skills based on the "Leave No Trace" ethics.

It is important to be ready to hike with a pack on. Walking regularly prior to the trip in the comfortable shoes or boots that you plan to wear is a good way to prepare yourself. Please do not buy new boots unless you are able to hike in them many times to break them in – standard is about 25 miles for a new pair of boots. A good pair of comfortable running shoes with ample toe room are fine for this trip. **An internal or external frame backpack that fits you and comfortable footwear are essential for an enjoyable experience.** Galilee has internal frame backpacks for you to use. If you do have your own, please pre-pack your bag and hike with it as well so that you can get a feel for how your bag fits when weighted. Keep in mind that we will also be adding up to 8-10 extra pounds of group gear as well to your pack. Please check the equipment list carefully and be sure to bring all of the mandatory equipment listed. Remember when packing that you will be carrying all of the gear for extended periods of time. In many cases, less is more. Backpacks and sleeping bags can be rented from local sporting goods stores. If you are having trouble locating the mandatory gear, please call us.

The trip will be led by three caring and experienced Galilee staff members, including myself as the Wilderness First Responder. If you have any questions about the trek, please call my cell at 775-250-8309 or email stuart@galileetahoe.org. Looking forward to having you on the trip!

Sincerely,

Stuart Campbell
Executive Director

INFORMATION FOR PARENTS

*May 31 is the deadline for receipt of the Medical Information and Release Forms; we encourage families to keep copies for your own records. All sections must be completed. We reserve the right, through our nurse, to refuse admission to anyone who does not have a medical form, whose report indicates camping would be harmful to the camper's health or to the health of others, who is not physically able to participate, or who is ill upon arriving at camp. During your child's camp session, you will be notified immediately if it is determined that your child needs to see a doctor.

***The final balance is due by May 31.** Please make your check out to Camp Galilee and send to the Camp Registrar, or make your payment online at www.galileetahoe.org/register.

***The camp mailing address is PO Box 236, Glenbrook, NV 89413. The physical address is 1776 US Hwy 50. The phone number is (775) 749-5546, and the email address is registrar@galileetahoe.org.**

PLEASE READ THE FOLLOWING CAREFULLY

DO NOT BRING any weapons, illegal drugs, or alcohol as this is grounds for immediate dismissal from camp with no opportunity for refund. This includes personal archery equipment; we will provide all necessary equipment if your group participates in this activity. Also please leave at home all pets, skateboards, bikes, and scooters. Camp Galilee is a non-smoking facility.

GALILEE'S PHONE NUMBER: is 775-749-5546. Call us any time before your camp session. During the camp session, please only call in case of an emergency. Non-emergency messages will not be delivered.

NUTRITIOUS AND TASTY MEALS and snacks are provided will be provided. **Important: Please do not bring your own food, candy, or gum.**

PERSONAL ITEMS such as clothes should be appropriate for camp. Older clothing that can get dirty is ideal. Please be sure that all of your child's belongings are well marked. Leave all valuables at home. Camp Galilee is not responsible for lost items.

CANCELLATIONS: If you must cancel, please contact the camp as soon as possible. Cancellations made by phone must be confirmed in writing. Cancellations made by May 31st will receive a full refund, less a \$75 handling fee. After May 31st there are no refunds except in cases of a medical emergency, when a full refund will be provided, less the \$100 deposit.

EARLY DEPARTURE of a camper for medical or behavioral reasons requires that parents or guardians are responsible for picking up the camper immediately upon notification. There is no refund for campers who leave early.

STAY CONNECTED with Galilee throughout the year by "liking" and following our Facebook page at www.facebook.com/GECCC. Please note that our social networking policy does not allow our counselors or staff to accept Facebook "friend requests" from campers.

Have more questions? Check out the FAQ section of our website:
<http://www.galileetahoe.org/summer/faq/>

2022 Camp Galilee Packing List for Summer Backpacking Trip

Gear provided by Galilee:

- Large internal frame pack designed for multiple night outings (Don't waste your money buying a cheap one from Big 5 or Costco. If you do want to purchase one, please contact Galilee.)
- Bear proof food canisters
- Rudimentary 40 degree sleeping bag/pad (If you have a light weight 20-30-degree bag bring it.)
- Cooking equipment & food
- Water filters
- Sunscreen
- Tents
- Biodegradable soap (for washing dishes, clothes and body)
- Toothpaste
- Potty in the woods equipment
- First Aid kit
- Map and compass

Gear participants are expected to bring:

Yvon Chouinard, the founder of the outdoor clothing company Patagonia once said: "Today there is such an abundance of advanced textiles that from any local Goodwill, someone can outfit themselves in clothing superior to anything worn by Sir Edmund Hillary on Mt Everest".

No need to spend a fortune here, folks! Army surplus and thrift stores will save you a bundle. The clothes noted in the following list will keep you warm and dry, can be washed in streams and dry quickly in the sun whenever needed. Layers are important as the days are hot, and nights can be cold. When assembling backpacking clothing and gear, remember, **light is right, and cotton is rotten.**

- A note on Cotton: Cotton collapses when wet and loses its ability to insulate or retain heat. In a cold environment this can quickly cause shivering and is likely to contribute to the early onset of hypothermic conditions.

*** Nylon (synthetic) and wool clothing only (Please, no cotton.) ***

- 2 pairs of socks (wool or synthetic) Cotton will give your camper blisters!
- 2 pairs of underwear
- 1 t-shirt (wool or synthetic)
- 1 long sleeve button down shirt for sun protection
- 1 synthetic fleece or wool sweater
- 1 lightweight insulated "puffy" jacket (synthetic insulation or down) Costco often sells an affordable option.
- 1 lightweight waterproof rain shell, laminate or Gore-Tex (must say "waterproof", NOT "water resistant" or "weatherproof")
- 1 Hat for sun protection

- 1 Beanie
- 1 pair of shorts that you can both hike and swim in (of course - not cotton)
 - Nike dry-fit or something similar works well.
- 1 pair of running shoes with good tread life and ample room for your toes.
 - *A note on boots: Heavy-duty waterproof boots are overkill for this trip unless the snow line is lower than usual. If you already own them or find them cheap, bring them just in case. If the snow line is not a concern you can leave the boots at Camp Galilee and collect them before you return home. (No snow boots)*
- 1 pair of flip-flops
- 1 pair of track pants -or- thick synthetic long underwear -or- synthetic fleece pants (no jeans)
- 1 lightweight small packable towel (a small cotton towel is acceptable)
- Bathing suit
- Tooth brush
- 2 Nalgene water bottles (or similar rugged brand that doesn't leak or break easily)
- LED headlamp (An indispensable item. Make sure the batteries are fresh so they'll last the whole trip)
- Chapstick with SPF 15 or better
- Sunglasses!!! An absolute must. Wrap around coverage is best.
- Camera or phone. I'll have a solar charger to recharge camera phones.
- Prescribed medications

What NOT to bring:

- × A pillow (Stuffing your sleeping bag stuff sack stuffed with a puffy jacket works best)
- × Shampoo, deodorant, makeup (Anything scented must be kept in a bear can and there will be no room for such items)
- × Personal First Aid items

Optional:

- Again, if you own quality backpacking gear feel free to bring it rather than borrow ours.
- Medications: (Please inform us when you register online of any dietary restrictions, allergies or previously existing medical conditions.)
- Fem hygiene products
- Earplugs
- Sleep aid
- Fishing pole and fishing license
- 1 inspirational paperback book
- Over the head mosquito net (Better to have it and not need it...)

Important notes:

Some physical fitness is essential. Acclimatization takes 48 hours and lowlanders will not be acclimatized for the hike in. Our packs will feel heavy and there is a steady elevation gain from the parking lot to the high country. This is not a good time to break in new shoes/boots. We will take it slow and easy, but some fitness will make a big difference. The more fit we are, the more fun we'll have!