

# LIT Hike

Every year, participants in our Leader-In- Training program have the opportunity to go on a multi-day hike. Generally, the hikes are three days and two nights and take place on the Appalachian trail near Camp Hi-Rock. While also providing a physical challenge, the focus of these trips is allowing the participants to take what they have learned during their on camp experience and apply it to a more intensive leadership experience. Each participant is encouraged to take a turn leading the group while hiking and taking on various roles including helping to cook meals, clean up, navigate, and ensure that the group is leaving a minimal impact on the environment. They will get a chance to learn practical outdoor skills while delving deeper into the topics of leadership, communication, and team-building.

## **Packing List**

Although Camp Hi-Rock is happy to provide all the gear necessary for each camper to be successful and comfortable on this trip, individuals who own any of their own camping gear are encouraged to bring it. Anything on the below packing list that your camper does not already have, can be outfitted by Camp Hi-Rock.

### *Clothing*

- Hiking boots or trail runners
- Long, moisture wicking socks
- Athletic Shorts
- T-Shirt (moisture wicking recommended)
- Fleece zip-up or pullover
- Rain Coat

### *Gear*

- Sleeping bag (the smaller the better)
- Sleeping pad (foam or inflatable)
- Backpack (45-65 Liter recommended)
- Headlamp
- Bowl
- Mug
- Cutlery
- Water Bottle (1 liter recommended)