

Backpacking Action & Adventure Camps 2023

The Backpacking Action & Adventure Kamp is two camps in one - a Backpacking Action Camp (BAC) for high school guys and a Backpacking Adventure Kamp (BAK) for middle school guys and leaders. Both camps are essentially the same and camp together, but the action camp trainees must participate in a series of classes and activities that the adventure camp guys do not. Refer to the camper applications for registration fees and participation requirements for each camp.

Both camps provide opportunities to learn and participate in a moderate backpacking trip (hiking about 10 miles over 3 days) in one of the most beautiful areas of the county, the Buffalo National River in northern Arkansas. All campers are responsible for bring all their own food and gear. A recommended menu as well as a list of recommended gear is provided below. If you need assistance in gathering food or equipment, please let us know. We're here to help, and we want you to join us!

CAMP DETAILS

DATE:	June 29 – July 1, 2023 (Thursday – Saturday)
MEETING AT:	Ozark AG at 10 AM on Thursday morning
HIKE LOCATION:	Buffalo National River, beginning at Kyles Landing trailhead
COST:	\$20.00 for BAC or \$10.00 for BAK
CONTACT:	Mark Jones (417-343-0463) or John Hicks (417-773-6293)

TENTATIVE CAMP SCHEDULE

Due to the nature of backpacking activities and the influence of weather and other conditions, plans may change from those listed here, but this is the tentative plan for the camp. Be sure to pre-register so we can communicate to you in advance case of a change of plans.

Thursday

10:00 AM	Meet at Ozark AG for camp orientation & gear prep
11:30 AM	Lunch at the church (provided)
12:30 PM	Depart for the Buffalo River
2:30 PM	Arrive at Kyles Landing and begin hiking to camp
5:00 PM	Dinner at base camp
8:00 PM	Campfire Time

Friday

7:00 AM	Breakfast
8:00 AM	Day hike to Hemmed in Hollow waterfall (about 5 miles)
12:00 PM	Lunch on the trail
5:00 PM	Dinner at base camp
8:00 PM	Campfire Time

Saturday

7:00 AM	Breakfast
8:00 AM	Break camp & begin hiking back to trailhead
10:00 AM	Arrive at trailhead, brief final assembly & dismissal
12:00 PM	Arrive back at Ozark AG

PERSONAL GEAR

Everyone attending is responsible for bringing all their own gear, although you may choose to partner with others to share items such as tents, cooking gear, etc. to reduce the weight you will be carrying. It is highly recommended that you read the green *Backpacking Merit* (revised 2021) in preparation for this event as it provides a comprehensive overview of backpacking gear, meals, and other valuable information. If you need help or need to borrow any gear, let us know. We would be glad to help.

CLOTHING:

- Sturdy hiking shoes or boots
- Light river crossing shoes (Crocs, water shoes, etc.)
- Rain jacket or poncho
- Swimsuit & swimming shoes
- Light jacket – fleece, etc.
- Extra clothing as desired - knee-length shorts, long pants, sleeping clothes, socks & underclothes, etc.
- Hat

SHARED ITEMS: *pair up to bring these*

- Tent
- Water filter or purification tablets
- Map & compass
- First Aid kit
- Cook Stove & fuel
- Cooking gear – pots, pans, utensils
- Matches or lighter
- Food supplies (see menu)
- Food storage system
- Insect repellent & sunscreen

PERSONAL ITEMS: *each person needs these*

- Backpack
- Small, light day pack (optional)
- Sleeping bag
- Sleeping pad (optional)
- Bathroom Kit – biodegradable soap, toothbrush & toothpaste, hand sanitizer (small bottle), wet wipes or toilet paper, small trowel/shovel
- Fleece towel & washcloth
- Wristwatch (optional)
- Small personal mess kit - plate, cup, bowl, and silverware
- Sunglasses (optional)
- Headlamp & flashlight with extra batteries
- Pocket knife or multifunction tool
- Water bottles- about 2 liters total
- Trekking poles (optional)
- Small Bible or New Testament

Bring a cheap inflatable inner tube for a fun lazy float down the river one afternoon.

MEALS & MENUS

Everyone attending is responsible for bringing their own food and cooking gear but keep in mind that we will have no refrigeration and you must carry & cook everything you bring, so keep it light, compact, and simple. You are free to bring any food you like but perishable items may only be suitable for the first night. Warm items like soup or Hot Chocolate are great in cool weather. The following is a suggested menu or you can search online for more ideas.

	Thursday	Friday	Saturday
Breakfast	Eat at home	Instant Oatmeal Coffee, Tea, or Drink Mix	Cereal Bars Coffee, Tea, or Drink Mix
Lunch	Provided at the church before we leave	Dry soup mix Peanut butter crackers Cheese sticks	Eat at home
Dinner	Frozen Meat Instant Rice, etc.	Freeze dried meal Powdered Drink Mix	
Snacks/Dessert	Pudding or Fruit Cup	Beef Jerky, Hot Chocolate	Trail Mix