



## **Expectations for a Participant of Wilderness Trek (Summer Trips and Courses)**

### **THE AREA/CONDITIONS**

The Wilderness Trek base camp is located in the Sangre de Cristo range of the Southern Rocky Mountains of northern New Mexico. For onsite Wilderness Courses and customized group Wilderness Trips, we utilize the 2,400 acres of the Glorieta Adventure Camp property, along with the Santa Fe National Forest, Carson National Forest, Great Sand Dunes National Park, San Isabel National Forest, and the Pecos Wilderness. Elevation can range from 7,200 ft to 14,000 ft. The air is generally dry and crisp but there can be a lot of variation of weather, even in the summer. Temperatures can range from 30's overnight (depending upon elevation of campsite) to the low 90's mid-day. Rain comes and goes frequently in the summer (typically starting in July), so a **rain jacket is necessary. Rain pants and broken in, waterproof footwear are also recommended.** Wool socks will be a must to keep your feet warm and dry, especially when sleeping. Along with the convenience for wet conditions, waterproof boots are the preferred footwear because of the ankle support -- we will be hiking in rocky terrain. A note on footwear: **please only bring boots/trail shoes that are broken into your feet.** This means shoes that you, personally, have put about 25 miles on, not just shoes that you bought last week and wore a few times, or old borrowed hiking boots. We are also in black bear country, so we will be taking precautions and educating participants on proper practices such as using bear boxes on our property, using bear hangs in the Forest and Wilderness areas, and carrying bear spray on our hikes.

### **PHYSICAL DEMANDS**

**The Wilderness:** Not all, but many trips through Wilderness Trek are full on Wilderness immersion trips that may be book-ended with the comforts and privileges of indoor living and fun camp activities. When you are "on trail," all you have is the support of your team and the life you carry on your back. Prepare to "rough it" -- no shampoo or body wash, no mirrors or plumbing; just sleeping in the mountain air and doing business in the dirt. Life on the trail is a beautiful thing and a once in a lifetime experience for some. We want to prepare you mentally to enjoy your trip.

**Elevation:** People feel the physiological effects of altitude in various ways, including headache, nausea, and increased respiration and difficulty "catching your breath". In most cases, it will just feel like you are a bit out of shape. We combat the effects of altitude by asking participants to



**start hydrating before you arrive at Trek** and continue to hydrate well during your stay. We also recommend that you prepare physically for your trip by keeping active at home. It is a good idea to do extra running or walking in preparation for your wilderness trip. Elevations can range from 7,200 to 14,000 ft. **Be prepared to feel the effects of the higher altitude/lower air pressure. Prepare to stay well hydrated and eat plenty of food.**

**Backpacking with Trek:** Pack weight, depending on the type of trip and length of stay, can be 30-50lbs., or up to about a third of your body weight. We provide much of the backpacking gear, so we can provide the optimum comfort for your trek. However, as much as we can work to make the pack fit your frame and show you how to distribute weight properly, backpacking is an inherently challenging activity. You may be hiking multiple miles and gaining 1,000' to 4,000' in elevation during a day's hike, all while carrying your home on your back. Backpacking exemplifies simplicity and caring for your community to a T, and those tasks are not easy and do not always come naturally to our society of class and comfort.

Challenge will be complemented and contrasted with fun activities, relaxing conversation by the fire, and stargazing in the vast wonder of creation we call our home for the night. There is nothing better than being challenged personally, growing as a group, and being worn down physically during the day, then peeling off your socks and kicking back while eating the tastiest trail meal, prepared by your friends.

**\*\*Be sure to inform Wilderness Trek of any health concerns, including **medical conditions** and **food allergies/intolerances****

## **THE PACKING LIST**

**Provided by Wilderness Trek:** These are items you will not be responsible to bring on your Trek trip; however, if you own some of these items and would like to bring them along, you are welcome to do so.

- Backpacks
- Group shelters (Note: these shelters may or may not have floors)
- Foam sleeping pads
- Sleeping bags
- Stoves and fuel
- Cookware and serving and personal eating dishes and utensils
- Food, both at basecamp and on trail (some trail snacks are provided)



- Cord/materials for bear hangs (gotta keep that food safe)
- “Bobo bags” (trowel, TP, plastic and paper bags, hand sanitizer)
- Group water containers (dromedaries)
- Water purification systems
- First Aid Kit
- GPS and communication device

**Participants are responsible to bring the following items:**

**CLOTHES**

- T-shirts - Light colored t-shirts are nice as they retain less heat. Bring one for every day or less if you desire. (it is best to only take 2 on trail)
- Shorts - Bring at least one or two pairs that are longer for wearing a harness. (2 pairs on trail; at least one should be used for swimming)
- Underwear
- Socks - Wool/non-cotton! (3 pairs is a good number for a week on trail)
- Rain Gear - A rain jacket is necessary and rain pants are nice to have! (we do provide rain ponchos if they are needed)
- Bandana(s) - Great for sun protection and countless other things
- Swimsuit - Even if you can't swim, bring one anyways! Be modest please. (Often times we hike and swim in the same clothes.)
- Boots - The area is rocky, so broken in high top boots are preferred. Durable running shoes are okay. A thick sole will keep your feet more comfortable. Waterproof footwear is preferred.
- Sandals or other lightweight shoes to wear around the campsite
- Lightweight jacket or long-sleeved shirt - fleece is nice for cold nights/mornings.
- A warmer jacket/puffy -- bring one just in case the temperatures are lower than anticipated, we can assess the need for it before we hit the trail
- Stocking cap/beanie - Helps with cold nights - if you get cold easily
- Long Pants - One pair is enough. Don't bring jeans or heavy cotton. Lightweight synthetic fabrics are best. **No cotton.**
- Base Layer - Synthetic long underwear
- Base camp Clothing - When you return from base camp it's nice to put on your favorite clothes. All clothes should be lightweight and able to dry quickly. Cotton takes longer to dry and may not dry on trail. We recommend that you do not bring jeans for the trail portion of your trip



#### OTHER GEAR

- Water Bottles - Two or Three water bottles carrying about 1 L each OR
- Hydration System - Camelbak style water bladder and hose (2 L) (Can be found at Wal-mart's camping section)
- Toiletries- Toothbrush, toothpaste, (**shampoo, towel, etc. FOR BASECAMP ONLY**)
- **Twin size bedding while at basecamp - a sleeping bag would suffice**
- Flashlight or Headlamp with extra batteries
- Sunglasses
- Sunscreen, Chapstick, Bug repellent
- **Bible & Notebook/Journal with pen**
- Medications - NOTE: All doctor prescribed medications must come in the prescription bottle with directions.
- Daypack - For excursions without our heavy packs
- Extra snacks. Trek provides all of the meals but you are welcome to bring small in between meal snacks if desired. **TOTAL WEIGHT OF SNACK FOOD MUST REMAIN UNDER 2 POUNDS.**

#### **TRAVEL AND LOGISTICS (FOR INDIVIDUAL COURSES ONLY)**

Most trips will begin at 5:00 pm on the first day of the course and end at 9:00 am on the final day of the course, but check with your group leader if you're coming with a group.

Nearest Airports/Train Stations:

- Santa Fe Municipal Airport
- Albuquerque International Sunport
- Amtrak Station in Lamy, NM (17 miles from Glorieta)

**If you need to contact Wilderness Trek with any questions or concerns, you can email Sami Seeley at [sami@wildernesstrek.org](mailto:sami@wildernesstrek.org)**