



camp akita

# Akita Backcountry



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## 2024 Backcountry Information Packet

### What is Akita Backcountry?

Akita Backcountry is Camp Akita's outdoor education program aimed at providing campers with an immersive outdoor experience. Campers will stay at Backcountry's base camp, tucked away amidst the quieter, less frequented corner of Camp Akita's land, where they will sleep in platform tents, help cook their own food on a campfire, learn archery, and much more! Each Backcountry session is truly one of a kind; designed and led by a member of the Adventure Program Team. These unique plans enable us to customize accommodations and activities for each group, allowing us to tune into their interests. This means we can decide whether (or not) to pursue activities planned by adventure members based on the group's preferences and interests, ensuring a tailored and memorable experience for all. The program emphasizes disconnecting from the distractions of our fast-paced lives, technology, and screens while fostering a deeper connection with nature and practicing being present with oneself and others.

### Transportation

Participants ride to and from Camp Akita in a First Community Church passenger van driven by a Camp Akita leadership member. Specifics for your session will be communicated by email prior to the Backcountry session.

### Food & Lodging

Campers stay in two large platform tents separated by identifying gender. Within the platform tents, each camper will have their own sleeping cot. Campers assist our staff in meal preparation. Food and water are dropped off each day in coolers from our kitchen in main camp. In case of inclement weather (severe thunderstorm, tornado, or high winds), we keep a van on site to transport campers back to the main camp for safety. If we are forced to return to the main camp, campers will stay in our Lodge.

### Gear

We provide some of the basics for Backcountry for you. This includes sleeping bag, sleeping pad, dishes, and utensils. If you would like to send your camper with any of the previously mentioned items, feel free! A complete packing list is included in this packet.

### Physical Limitations

Akita Backcountry operates on a "challenge by choice" philosophy, empowering each individual to set their own limits and ensuring that no one is ever pressured into activities they feel uncomfortable with. While physical activities like hiking, climbing, and canoeing are part of the Backcountry experience, they are not the primary focus. Instead, our emphasis lies in fostering self-confidence, nurturing relationships, and fostering enjoyment, all within the serene backdrop of nature. The physical demands of the program are well within the capabilities of any healthy young person.

### Leaders

Each Backcountry session will have two college-aged Counselors. We rotate members of our Adventure Program team for each session. They each hold certifications in CPR, archery, alpine tower certification, and as lifeguards. They are the most experienced members of our summer Leadership Team and run our adventure programs throughout the year. Trip leaders carry two-way radios and cell phones and will maintain constant communication with our main camp staff.



## 2024 Packing List

*\*Denotes an optional item*

### Tops

#### T-Shirts

4-7 tank tops, t-shirts, long sleeves are all acceptable as Ohio summer weather can be unpredictable.

#### Light-weight Layer

Light or mid-weight long-sleeved shirt. Long underwear works best. Synthetic materials are recommended.

#### Heavy Layer

It can get chilly in the hills at night! We recommend a light-weight fleece, flannel, thick sweatshirt.

#### Rain Jacket

This must be big enough to fit over all your layers at the same time. Ponchos are not recommended.

### Bottoms

#### Underwear

5 pairs of your most comfortable underwear.

#### Shorts

3-4 pairs of shorts. Athletic/ hiking shorts are best.

#### Pants

Light-weight pants are best. Pants are great to hike in to protect your legs from thorns and poison ivy.

#### Rain Pants\*

Rain pants are not required but are a good option if you have a pair.

### Bathing Suit\*

We will be swimming and canoeing. Please bring a bathing suit or alternate clothing appropriate for swimming, and a towel. Be sure that whatever you bring to swim in is comfortable and allows you to be active in the water.

### Footwear

#### Hiking Boots

Akita Backcountry does not require the most expensive boots, but you must have something that is more durable and supportive than tennis shoes. Boots that rise above the ankle will provide the most support and prevent twisted ankles, but boots that are ankle-height will work just fine. Boots that are waterproof are recommended.

#### Socks

5 pairs of wool-synthetic blend or synthetic socks. Smart Wool, Patagonia, and Bridgedale all make excellent backpacking/hiking socks. These socks must be long enough to pass the top of your boots.

#### Camp shoes / Canoe shoes

You will need a pair of shoes to wear around our campsites after hiking and on our canoe trip. A pair of old tennis shoes, Crocs, Teva's, or Chaco's all work well. Flip-flops or other flimsy sandals will not work. These should be comfortable and big enough to be worn with your hiking socks.



## Personal Gear

### Water Bottles

Bring two bottles, with the total capacity being at least two liters.

### Sunglasses\*

Should be a cheap pair with UV protection. Please do not take expensive sunglasses on this trip.

### Headlamp

A headlamp is wonderful because it's an easy, hands-free flashlight.

### Personal Hygiene

Toothbrush, toothpaste, towel, and face/body wipes are the most needed items. Trial sizes are best. You can bring hand sanitizer if you want, we will have soap for you to use. We will not be taking showers on this trip, so bringing baby wipes will help you stay clean. Please remember any personal hygiene and toiletry items that you may need during your stay.

### Medications

Bring any daily prescription or over-the-counter medications, or vitamins to check-in. Our camp staff will collect these from you; all medications are locked in the van. All medications must be brought in the original container with dispensing information. Do not forget your inhaler, if applicable. We carry a Med Kit with allergy and pain medications for those "just-in-case" situations, so no need to bring those.

### Sunscreen

SPF 15 or higher, sweatproof and long lasting.

### Plastic Bags

We use Ziploc bags and trash bags to store our clothes and other belongings, so they are easy to find and always stay dry in our backpacks. You can use a Ziploc bag to store a days' worth of clothing, with extra bags for your extra socks and undergarments. Bring a trash bag to store dirty clothes for easier packing.

### Camp Chair\*

Light-weight, foldable camp chairs are a wonderful comfort addition to the trip.

### Camera\*

Please do not bring a nice/expensive camera! A disposable camera is perfect and if you lose it, you won't be out a hundred dollars. Please do not bring your phone to use as a camera.

### Face Masks

Masks are no longer required at Camp Akita or Check-in. Anyone is welcome to wear a mask, and those who choose to do so will be respected. Please pack face masks as you deem appropriate for your child.

### Miscellaneous

Please also remember to bring a pillow, towel, journal, and a good book to read (nice to have when it rains!).

Also, please feel free to bring games that are camp appropriate and can fit in a backpack. We have a few games on site like Uno, Monopoly, Taco Cat Pizza, but we are always looking to learn new and fun games while food cooks or it rains!

## Group Gear

We will provide all this gear for you. Participants must purchase any gear that is lost or damaged.

### We will supply the following:

- Tent
- Ground Pad
- Cot
- Stove and fuel
- Dishes and utensils
- Sleeping bags\* are available, but you are also welcome to bring your own.

### What NOT to bring:

- Drugs, alcohol, or tobacco
- Food (we have campers with allergies)
- Electronics (iPad, cell phone)
- Expensive items
- Anything you don't want to get dirty, wet or possibly lose.

### Packing Note:

While we understand it is important to be prepared, please understand that we transport all the camper's belongings down to Camp Akita in a van, with the campers. Pack what is necessary and remember that less is more, as for most things.

*\*Optional items*



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## Questions?

Please email Logan, Adventure Program Director:

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