

Project Courage Packing List



GirlVentures will provide:

- group equipment
- tents
- food
- backpack
- sleeping bag
- sleeping pad
- headlamp
- eating utensils
- water bottles
- camping gear
- rock climbing equipment
- biodegradable soap and lotion for self-care

Participants are responsible for the personal gear listed below.

To Borrow Gear – Call Sarah Gill at 415-864-0780 ext 304 at least 3 weeks before your course starts. Many girls borrow raingear, long underwear and boots from us. We have quality gear to loan. To borrow gear you will need to make an appointment and come into the office to get fitted. Do NOT wait until the last minute!

You will be living outside for 14 days, proper clothing and *dressing for success* is important for your comfort and safety. You need to be ready for all kinds of weather – including potentially foggy weather, cold nights, and hot days.

How to Pack

- Please use the below checklist carefully and make sure you have all required items.
- You will not want to or be allowed to bring anything additional, as you will be carrying all gear on your back, so simply use this checklist as it is written.
- Choose small and compact items especial for your toiletries i.e. travel size toothpaste.
- Wool is a longtime favorite of campers because it keeps you warm even when it's wet.
- This is true for synthetic fabrics such as fleece, capilene, and polypropylene, which are currently the most common fabrics used to make jackets and long underwear for the outdoors.
- Cotton t-shirts are fine, but in general, cotton is not advised for long underwear or warm layers because it takes a long time to dry, and it won't keep you warm when it's wet.
- Loose fitting, comfortable clothes are essential and they will get dirty!
- Platform shoes/boots, and work-boots are NOT suitable for hiking (see boot section).
- Buy or borrow your boots in advance and break them in several weeks before the trip.

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Upper Body	<ul style="list-style-type: none"> <input type="checkbox"/> 2 synthetic long underwear tops - Polypropylene/nylon is good. Cotton not OK <input type="checkbox"/> 3 T-shirts - can be cotton, lighter colors absorb less heat <input type="checkbox"/> 1 long-sleeve lightweight shirt for sun and bug protection. A thin cotton button down shirt is perfect. Pick one up from your local thrift store! <input type="checkbox"/> 1 medium-weight fleece or wool sweater <input type="checkbox"/> 1 thick/warm fleece jacket that fits over other top layers <input type="checkbox"/> 1 waterproof lightweight rain jacket (coated nylon or gortex type material) <input type="checkbox"/> 1 bathing suit <input type="checkbox"/> 1 sports bra - <i>optional</i>
Lower Body	<ul style="list-style-type: none"> <input type="checkbox"/> 2 long underwear bottoms (synthetic is best, like polypropylene/capilene, NO cotton) <input type="checkbox"/> 2 pairs shorts - quick drying / nylon shorts preferable <input type="checkbox"/> 1 pair comfortable lightweight nylon pants - Wind/athletic pants are good <input type="checkbox"/> 1 pair synthetic fleece pants or expedition-weight long underwear bottoms <input type="checkbox"/> 1 pair of waterproof lightweight rain pants (coated nylon or gortex type material) <input type="checkbox"/> 9 pairs of underwear
Head	<ul style="list-style-type: none"> <input type="checkbox"/> 1 lightweight wool or synthetic hat (for warmth) <input type="checkbox"/> 1 sun or baseball hat (sun protection is essential!) <input type="checkbox"/> 1 pair of sunglasses (sturdy and dark with a keeper band) <input type="checkbox"/> 2 bandanas – 1 for hair; 1 for washing <input type="checkbox"/> 1 headlamp – <i>optional</i> – GirlVentures will provide if you do not have one. DO NOT BRING A FLASHLIGHT.
Feet	<ul style="list-style-type: none"> <input type="checkbox"/> 2 pairs cotton socks <input type="checkbox"/> 4 pairs of wool or synthetic blend socks for hiking (no cotton) <input type="checkbox"/> 1 pair lightweight hiking boots that cover your ankles (<i>see boot information</i>) <input type="checkbox"/> 1 pair “water” shoes that can get wet and stay on your feet in water - old sneakers, Aqua socks or Keen-type closed-toed sandals. No flip-flops or open-toed sandals like Texas. <input type="checkbox"/> 2 pair thin liner socks to go under the wool socks - <i>optional</i>
Toiletries	<ul style="list-style-type: none"> <input type="checkbox"/> Toothbrush, toothpaste, and comb/brush (we will provide biodegradable soap) <input type="checkbox"/> Tampons or pads in a plastic Ziploc (even if you have never had your period before) <input type="checkbox"/> 1 sunscreen, SPF 15 minimum <input type="checkbox"/> 1 lip balm, SPF 15 minimum
First Day Outfit	<p>REQUIRED Items to Be WORN on the 1st Day (in addition to items listed above)</p> <ul style="list-style-type: none"> <input type="checkbox"/> T-shirt (can be cotton) <input type="checkbox"/> 1 pair comfortable lightweight pants. No jeans/sweatpants. Wind/athletic pants are best. <input type="checkbox"/> 1 pair of running shoes/sneakers <input type="checkbox"/> Underwear, bra, and cotton socks
Last Day Outfit	<ul style="list-style-type: none"> <input type="checkbox"/> 1 clean “last day” outfit that will remain packed in bus and taken out on the last day. Include, pants or skirt, T-shirt, sweatshirt, underwear/bra, socks, warm layer. <input type="checkbox"/> Small bath towel <input type="checkbox"/> Small shower kit - soap, shampoo, conditioner <input type="checkbox"/> Pack this in a school backpack or small duffle bag.

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Additional required Items	<ul style="list-style-type: none"> <input type="checkbox"/> 1 journal or notebook with pens and pencil (pack this in a plastic zip lock bag) <input type="checkbox"/> 5 zip-lock baggies (assorted sizes- for journal, toiletries, etc) <input type="checkbox"/> AAA batteries (at least a 4 pack) <input type="checkbox"/> Prescription glasses with keeper band are recommended or contacts & saline solution (if necessary) <input type="checkbox"/> 1 small, lightweight bath towel <input type="checkbox"/> 1 pair lightweight gloves (liner gloves are fine)
Optional	<ul style="list-style-type: none"> <input type="checkbox"/> Camera (waterproof disposable cameras work great) <input type="checkbox"/> Paper, envelopes and stamps for letter writing <input type="checkbox"/> Comfortable or silly dress/skirt that can be worn for hiking and at base camp
LEAVE AT HOME	<ul style="list-style-type: none"> <input type="checkbox"/> iPod, cell phones, electronic games <input type="checkbox"/> money, watches, jewelry and other valuables <input type="checkbox"/> food and candy <input type="checkbox"/> deodorant, make up, hair products, shampoo, conditioner <input type="checkbox"/> books & homework and stress

The above required and optional items are to be packed in a duffle bag or suitcase and brought with you to Course Start. (The bag you bring will not be going out on course with you.) On Day 1 of your course the instructors will review your clothing and gear to make sure you have everything you need and then you will all pack together as a group into your GirlVentures backpacks. If you bring extra things, they will remain here at the office, so please just DO NOT bring them. ☺

Hiking Boots information

We recommend lightweight hiking boots that come above your ankle. It is important that they fit well and are comfortable with light liner socks and 1 pair of synthetic/wool hiking socks. They should be broken in well. This means that you need to start wearing them and walking in them at least a few weeks before the trip. Fabric/leather boots work well, and you should treat them with Aqua Seal or silicone to help weatherproof them.

Medicine

If you are on medication, we need to know about it; it should have been written on your medical form. On Day 1, turn your meds in to the instructors. Medication must be approved before your course begins. **Bring double the amount needed, with dosage instructions, in 2 separate waterproof containers or ziploc bags.** This includes inhalers. Instructors will keep all medications in the first aid kit and administer all medications, including prescription, non-prescription and herbal supplements.

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Physical and Mental Preparation

You do not need to be an athlete to participate in *Project Courage*, but your course will be more enjoyable for you if you come prepared, both physically and mentally. We hope that you will find the activities we have planned to be fun, challenging, satisfying. We have designed them with 12 & 13 year-old girls in mind, and will use information from the student questionnaire to help tailor each expedition to the interests and needs of the girls in each group.

To prepare for your course:

- Please make sure you follow the packing list carefully, so that you have everything you need to be safe and comfortable.
- If you are not very physically active, start exercising a little bit everyday to prepare for your course. That way, you will feel more confident at course start and have more fun on your course. Choose exercise that stimulates the heart and lungs (walking, running, biking, swimming, soccer, basketball, etc.) for 30 minutes without stopping at least 4 times a week.
- Let us know if you have any questions. Communication with us is the best way to be ready!
- Being prepared mentally is also important. For some girls *Project Courage* will be their first time away from home (or their first time being away from home for 2 weeks). Sadness about leaving and homesickness are common emotions that we at GirlVentures take seriously. Most girls experience homesickness at some time during *Project Courage*. We want to assure you that the instructors are prepared to be sensitive and supportive of the range of emotions you might experience on GirlVentures programs. We treat homesickness as one of the many challenges that you may encounter on *Project Courage*. Like the other challenges, it is a learning opportunity, something to overcome and not a reason to go home. **To prepare, think about what you can do on course when you feel homesick. Make a plan for yourself with strategies for feeling better. Talk about these with your family and friends.**
- You will have the opportunity to take all sorts of risks in a safe environment. Come prepared to discover new parts of yourself, to ask questions, to support others and to try new activities. Your commitment is an important part of making a successful *Project Courage* course. **You may want to take some time to think about what it is that you hope to learn or accomplish, and possibly talk to a friend or parent about your goals. Bring an open mind and willingness to test your limits, and to say yes to try!**

Your Menstrual Cycle

You may menstruate while on course. It is best to be prepared even if you haven't menstruated before. Be sure to bring a supply of pads or tampons. Also be aware that the change in environment may cause lighter, heavier, shorter flow or skipped period. This is normal and nothing to worry about.

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Boots and Equipment Shopping Information

New Gear	Sports Basement	1590 Bryant Street @ 15th San Francisco 415-575-3000	610 Mason St., in the Presidio (415) 437-0100
	REI Huge selection of outdoor clothing, boots, accessories	1338 San Pablo Avenue Berkeley (510) 527-4140	840 Brannan St in SF (415) 934-1938
		1119 Industrial Rd San Carlos (off Holly/Britan Exit, 2nd ramp) (650) 508-2336	
	Sports Authority	1690 Folsom Street in SF (415) 734-9373	3839 Emery Street Emeryville (510) 450-9400
	North Face Outlet	1325 Howard Street @12th St. SF (415) 626-6444	1238 5th at Gilman St. Berkeley (510)-526-3530
	Marmot Mountain Works	3049 Adeline Berkeley (510) 849-0735	
	Mervyn's	2675 Geary Blvd in SF (415) 921-0888	
	Lombardi Sports	1600 Jackson Street @ Polk in SF (415) 771-0600	
	Ross Dress for Less. Great for sunglasses, shorts, T-shirts, socks, hiking boots – good prices!	799 Market St San Francisco (415) 554-1901	2300 16th St @ Potrero San Francisco (415) 386-7677
		5200 Geary Blvd San Francisco	
New & Used Gear	Wilderness Exchange	1730 & 1617 San Pablo Avenue Berkeley (510) 849-0735	
	Clothes Contact	473 Valencia between 15th &16th in SF	
	Crossroads	2123 Market St at Church in SF (415) 552-8740	1519 Haight Street in SF (415) 355-0555
	Buffalo Exchange	1555 Haight St. in SF (415) 431-7733	1800 Polk St. in SF (415) 346-5726
		Valencia @ 24th	
	Community Thrift Store	623 Valencia St in SF (415) 861-4910	
Also check any Army Surplus stores, Salvation Army, or Goodwill			