

Summer 2025

Dear Off the Beaten Path Camper,

Greetings from Camp Lou Henry Hoover! We are looking forward to meeting you and having a great two weeks preparing for and backpacking on the Appalachian Trail. We have enclosed a special packing list for you and some information that you will need for this specialized program.

The first week of your program will be spent at Camp Hoover preparing for your trip. You will be backpacking and hiking daily, learning about safety on the trail, camping out, working on your camping and outdoor skills, understanding the emergency procedures, and enjoying the everyday activities of camp. During the first week, you will start to carry gear in your backpack just as you would on the trail. By the time the trip leaves you will need to carry your personal belongings, gear for the trip and 4 liters of water. Part of the second week will be spent on the Appalachian Trail. Your group will have everything you need to succeed on the trail in your backpacks. As a group, you will plan and pack the necessary items that are needed for the four to five day journey prior to leaving camp. The length of the trip and the exact locations of drop off and pick up will be determined based on the groups abilities, weather conditions and trail conditions. You will travel by van and begin your hike early on the Appalachian Trail and hike about 8 to 12 miles per day. .

During your time on the trail, you will be camping out under the stars at campsites along the way. During this adventure, the counselors are in contact with the camp by using cellular phones. The Off the Beaten Path trip is fun filled and challenging, but the rewards of teamwork and friendship are priceless. We are sure that you will enjoy the trip and the companionship of your fellow campers and staff.

If you have any questions, feel free to email Deb Hooker at dhooker@gshnj.org or call at 973-383-3220.

Sincerely,

“Hook”

Deborah Hooker
Camp Director and Property Manager

OFF THE BEATEN PATH PACKING LIST (for two weeks)

Please check along with normal packing list, so as to not forget anything.

- Backpack – (with internal frame, if you have one. if not we have extras at camp for the trip)
- 10 pair of shorts
- 18 shirts
- 2-3 pair of jeans
- 17 pair of underwear
- 16 pair of socks
- 2 sweatshirts
- 1-2 pair of sweatpants
- 2-3 bathing suits
- 2-3 beach towels
- Towels, washcloths
- Mess kit
- 1 warm jacket and raincoat/poncho
- 1 pair of shower shoes
- Shower supplies (shampoo, toothbrush, paste, etc.)and a bucket to carry shower items in
- 1 pair of sturdy shoes or sneakers for walking around camp
- 2-3 pair of pajamas
- Hat/sunglasses
- Hiking boots that have been broken in for the trail (or sturdy shoes/sneakers)
- Sleeping bag (light weight if possible)
- Sleeping mat – optional
- Sheet/pillow
- Sunscreen/Insect Repellent/Calamine Lotion/anti itch cream/hand sanitizer+
- Flashlight/extra batteries
- White T-shirt to Silk Screen
- Waterbottle or Nalgene – 4 to 5 – this is highly important – THIS IS A MUST**
- Stuff bag or small duffel bag for your clothes
- 2 boxes of gallon size zip lock bags