



Adventure Trek FAQ

Big adventures can bring up some pretty big questions. Here are answers to the most common questions we receive.

What's included in the cost?

The cost includes all meals, lodging, equipment rental fees, trained guides, and transportation necessary for the trip. You'll only need money for snacks and souvenirs along the way.

What special gear will I need to bring?

We provide all the group camping gear, cooking equipment and specialized activity gear, such as tents, backpacking packs, bicycles, and rock-climbing equipment for each planned activity. All you need to bring is your personal gear—clothes, sleeping bag, pillow, personal overnight items, water bottles, and mess kits. We'll send you a specialized packing list for your trip, but here are a few items to start thinking about now:

- **Sleeping Bags:** The smaller the better. We pack gear for 12 people in each van. Smaller sleeping bags can help save space for things such as coolers of food.
- **Footwear:** Sneakers are recommended for biking, caving, and rock climbing. For backpacking, you will need sturdy, broken-in hiking boots. For watersports, you will need secure, closed-toe amphibious shoes.
- **Clothes:** Quick-dry clothes are best for all activities. Cotton should be avoided because it stays wet and uncomfortable for a long time.

What kind of physical shape should I be in to go on a trip?

If you can run a mile without stopping (no time limit), then you're in good shape for an Adventure Trek.

How long will I be away from camp?

Most Adventure Trekkers spend one or two nights at Camp Molly Lauman before leaving on their adventure. You'll return on Thursday of the following week—right on time for closing campfire with the rest of camp.

What happens if I get sick or injured on the trip?

If you get sick or injured, getting you better will be our top priority so you can safely get back to the fun. If you are unable to continue, we will contact your parent or caregiver to arrange a pickup.

Have more questions?

Contact our Customer Care team by calling 614-487-8101 or emailing customer care@gsoh.org.

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