

## Equipment List

1) **Backpack:** It is essential the pack have padded shoulder straps, and a functional, one piece, padded hip belt. It must be possible for the hip belt to be tightened around your child's waist. This allows the legs to carry the bulk of the pack's weight, preventing back injuries. The pack must fit your child well. When the pack is full, no part of the metal frame should touch the camper's body. If you have doubts or questions about how to gauge the size of a backpack for child's body, contact a reliable outfitter. Beware of giving younger campers the backpack that his or her older sibling has used in the past. Too often, these packs prove to be large and unmanageable for the younger camper. Used backpacks can sometimes be made usable by ensuring a proper fit, fitting them with a padded hipbelt and padded shoulder straps, and replacing broken and worn out parts.

2) **Sleeping bag:** Flannel sleeping bags are simply too heavy for our backpacking program. We recommend a synthetic fabric bag filled with a synthetic fiber. Down filled sleeping bags become heavy and provide no warmth when wet. Stuff sacks are necessary. They make it possible to pack more quickly on the trail, make packed sleeping bags more compact, and offer protection against wet sleeping bags.

3) **Footwear:** Avoid new or newish hiking boots. We strongly recommend sturdy sneaker-type shoes in good condition, or well-broken in hiking boots. Campers will also need an old pair of sneakers or water shoes for canoeing and pond swimming. "Texas" and other sandal type shoes are not adequate water shoes. Make sure your child has a lot of socks. Some should be thicker than the normal tube sock, and at least one pair should be wool. Shoes must be worn at all times at camp.

4) **Sleeping pad for in-camp use:** An Ensolite pad is great for backpacking but insufficient for comfortable sleeping in camp. We recommend a bunk sized, 2"-4" thick foam pad. See website for more information.

### Essential Items (all of the above plus...)

- Jeans and/or slacks, shorts and shirts (some shirts must be warm)
- Water bottle or canteen (at least one quart)
- Sweater and jacket
- Bandannas or handkerchiefs
- A good flashlight (with extra batteries)
- Rain poncho (good one--not rain coat)
- Plastic bowl, plastic cup, and spoon (or mess kit)
- One pair of web straps (30-36 inches long)
- Old shoes for wearing in the river
- Glasses strap (if you wear glasses)
- Writing materials w/stamps
- Swim suit(s) and towels
- Wool socks (one pair)
- Essential toilet items (towels for swimming, bathing, toothbrush, soap, shampoo, etc)
- Underwear
- Pocket money
- Ensolite pad
- Sun screen

### Optional Items

- Pillow

- Kleenex
- Bug repellent
- Hat or cap
- Musical instrument
- Warm pajamas
- Biodegradable soap
- Trash bags or zip-locks to help keep things dry
- Laundry bag
- Reading material
- Journal
- Sleeping bag sheet (use a double bed sheet, fold in half, sew two edges)
- A small knife may be brought but it may be lost, and it may give the doctor an opportunity to use his or her stitching skills. A small sheathed knife (less than a four inch blade) is safer than a pocket knife. Any knife will have to be held by the counselor and used only under counselor supervision.

**Please Do NOT bring:**

- x Mp3 players or Ipods
- x Cell Phones
- x Electronic musical instruments or games
- x Aerosol dispensers or spray cans
- x Fireworks, matches, lighters, candles
- x Delicate clothing
- x Any weapon
- x Good luggage
- x Jewelry

**A word about simplicity**

The Friends' testimony on simplicity is an ideal that we value at Catoctin. Catoctin is a place where young people can experience the benefits of being unencumbered by lots of material things. Campers can discover the joys of participating in the simple pleasures. We discover what the environment and people all around us have to offer when the noisy distractions that demand our attention at home are set aside. It will be helpful for you to be mindful of this as you equip and prepare your campers for camp.

There are practical reasons to practice simplicity at camp as well. Camp is a place where material things do not fare well. It is not too far fetched to assume that the clothing and non-camping items which campers bring to camp will be ruined or lost during the summer. Many experienced camp parents take their campers to the Salvation Army Store or thrift store to buy their camper's wardrobe. This frees campers from having to worry about their clothing and belongings while having fun in the wilderness.

It is also important for us to remember that our campers come from a broad range of economic backgrounds. Parents can help encourage this diversity by being sure that the things their children bring to camp are practical and functional rather than expensive and stylish. Campers do have occasional opportunities to spend money while on trips. They may also want to buy camp tee-shirts or sweatshirts (in the past they have cost \$10.00 and \$20.00). Tee-shirts are also available when campers are dropped off and picked up. Campers do not need large sums of money at camp. Money for campers to spend at their discretion could be \$5.00 to \$30.00, depending on camper's age, how long they will be at camp, and the preference of parents. Please remember that this money will probably be spent on "junk food." Parents and relatives can also keep the Friends' testimony of simplicity in mind when sending packages.