

Equipment and Packing List

NOTE: Campers go on age and ability-appropriate overnights each week. All campers must have a camping/hiking backpack, sleeping bag, and camping pad. Your child will need them. Backpacks and sleeping bags don't have to be expensive. Many outdoors outfitters sell used backpacks and sleeping bags, or one can be borrowed from a neighbor. Our **scholarships** can extend beyond tuition. We can provide equipment such as mattresses, sleeping bags, backpacks, etc. if needed. Please call Elaine Brigham to reserve these.

All Campers Must Have:

1. **Frame backpack (external or internal frame):** The pack must also have padded shoulder straps, and a functional, one-piece padded hip belt. A properly fitting pack can make hiking a pleasure; an ill-fitting pack makes it torturous. Padded shoulder straps and hip belt are essential. The pack should fit your child: the hip belt should draw tightly around the waist such that the child's legs carry the weight of the backpack. Check borrowed or hand-me-down packs for needed adjustments and repairs. Outdoor outfitters stores will adjust a pack to fit your child, even if you didn't buy it there.
2. **Sleeping bag with stuff sack:** Flannel sleeping bags are too heavy and bulky for backpacking. We recommend a synthetic fabric bag filled with synthetic fiber. Down filled sleeping bags become waterlogged and useless if they get wet. An ensolite (closed cell foam) sleeping pad is recommended as well, to cushion campers from the stony ground and keep them warm and dry.
3. **Footwear:** one pair hiking shoes, one pair 'creek shoes'. Avoid new or newish hiking boots. We recommend sturdy sneaker type shoes in good condition for hiking, or broken-in lightweight hiking boots. Campers also need a pair of shoes (old sneakers are best) for swimming in the creek. These shoes will get wet and muddy and probably stay that way through the session. Flip flops are not good creek shoes. Campers may also wish to bring a pair of sturdy sandals or other shoes for general in-camp use. Note: Flip-flops may be worn **ONLY** in the shower.
4. **Sleeping pad or foam mattress for in-camp bunk:** We do not provide mattresses for campers to use on the spring and/or plywood bunks. An ensolite pad is good for backpacking but most campers prefer a thicker mattress for sleeping in camp. We recommend a bunk sized 2-4 inch thick foam pad. See the web for more info: <http://www.bym-rsf.org/camping/>

Further Essential Items:

Packed into one duffle bag or trunk. Please do not send good luggage.

- Pillow
- Flashlight
- Toiletries
- Writing materials
- Stamps—the self-sticking kind (gummed stamps get too damp)
- Swim suit
- Towels - for bathing and swimming
- Underwear
- Pajamas
- Jeans or long pants
- Shorts
- Shirts
- Old tee shirts for messy projects
- Warm shirts, sweaters, or a jacket
(wool keeps you warm, even when damp!)
- Socks – at least one pair wool or specific hiking synthetic
- Laundry Bag
- Small book bag or day pack
- One or two plain white 100% cotton t-shirts for tie-dye and/or batik. These can be purchased at camp for a few dollars.
- Water bottle

- Plastic bowl and spoon or mess kit
- Rain poncho
- Ensolite pad or sleeping pad for camping (light and small)

Optional Items:

- Sheets/Bedding (more comfortable than using sleeping bag while in camp)
- Song books
- Music, musical instrument/s
- Journal or sketchbook
- Reading materials
- Bug repellent (no aerosol spray cans – also should not contain “deet”)
- Hat or bandana
- Sunscreen
- Kleenex

Consider the following carefully:

- Please do not send food with campers.
- ***Please do NOT send food in care packages*** (send comics, Mad Libs, art stuff, etc). Campers are very well fed by our Kitchen Manager. The kitchen staff prepare three delicious meals a day as well as two snacks.
- You do not need to send spending money with your camper except to purchase tee shirts for art projects or camp tee shirts. (\$15.00 should be plenty)
- Pocket knives will be kept by the staff unless being used in a supervised art activity.

Items you may NOT bring to Camp:

- No matches, candles, incense, or lighters
- No drugs
- No weapons
- No aerosol cans
- No electronic games
- No radios, CD players, walkmen, etc.