

Equipment

- Proper equipment can make the difference between a miserable camp experience and a comfortable, happy one. It is essential that you follow the equipment guidelines below.
- It can be quite cold and wet in the mountains! All campers must have a waterproof, sturdy raincoat or poncho and a jacket, sweater or heavy shirt of wool or poly-fleece, which will be warm even if it gets wet.
- 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. We have a few backpacks we can lend out to children, but this must be arranged beforehand (call Dana Foster). Please do not send your child to camp without the essential items.

All campers must have:

1. **Frame backpack (external or internal frame):** The pack must also have padded shoulder straps and a 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. **Sleeping pad for camping trips:** An ensolite (closed cell) foam pad or Thermarest. This should roll tightly and not absorb water. Egg carton type pads absorb water and won't work
4. **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 closed toe shoes (old sneakers are best) for canoeing and creek swimming. These shoes will get wet and muddy and probably stay that way through the session. **They may NOT be teva sandals, crocs, etc.** Go for the old lace up sneaker.
5. **Sleeping pad or foam mattress for in-camp bunk:** We do not provide mattresses for campers to use on the plywood bunks. An ensolite pad is good for backpacking but some campers prefer a thicker mattress for sleeping in camp. We recommend a bunk sized 2-4 inch thick foam pad.

Further essential equipment:

- Shorts (some synthetic)
- Long pants (fleece or wool for warmth when wet)
- Underwear
- Sweater or jacket made of wool or synthetic material
- Warm hat made of wool or synthetic material
- Good poncho or rain coat
- Canteen or water bottle (at least 1 quart capacity)
- Unbreakable bowl, cup, and spoon for camping
- Short and long sleeved shirts (some synthetic)
- Swimsuit and towel
- Flashlight and batteries
- Toilet articles
- Laundry is done every week; campers should have a week's worth of underwear and other essentials.

Optional equipment:

- Hat
- Pillow
- Pajamas
- Writing materials
- Laundry bag
- Reading material
- Musical instruments
- Journal or sketch pad
- Stamps
- Bug repellent
- Sports equipment
- Sunscreen
- Pocket knife (see below)

A small sheathed or pocket knife is allowed but is likely to be lost or possibly give a doctor stitching opportunities. Knives may have to be held by the counselor and used under counselor supervision.

Please do not bring the following:

- Any item you cannot bear to lose (especially jewelry and watches)
- Delicate clothing
- Food or candy
- Aerosol spray cans
- Electronics (i.e. musical instruments, games, or walkmen)
- Fireworks, matches, candles, lighters
- Any weapon
- Flip-flops or slides except for showering

How to Pack

Label all items. You wouldn't believe the size of the lost and found pile at the end of camp! If the item has a name on it, it has a better chance of being claimed by the right person.

Many campers keep a foot locker or trunk in which to pack and keep belongings. This is not required, and a box will also easily slide under the bunk beds.