

Adventure Camp Clothing & Equipment List

One of the best ways you can help your camper have a wonderful, safe summer experience is to send your child to camp with everything on this list. Our program is adventurous by nature, and we maintain very high safety standards in our activities. Not all of today's fashions work well for our activities or community. **Please follow these clothing guidelines in helping your camper pack for camp:**

- 1. Shirts: Spaghetti strap tops are not acceptable. Tank tops must have straps that are at least 1-1/2" wide. Shirts must be long enough to tuck into shorts or pants – cropped shirts showing the stomach are not appropriate.**
- 2. Bathing Suits: Bikinis are not appropriate for our waterfront program. We recommend one piece or "Tankini" bathing suits. If your camper wears a bikini, she will also need to wear a T-shirt over it at the waterfront.**
- 3. Shorts: Due to the use of climbing harnesses, shorts need to be at least mid-thigh in length. Long pants for any harnessed activities are also a good choice.**
- 4. General: Please do not pack clothing items or hats promoting alcohol, drugs, or sex.**
- 5. We have not had problems with campers bringing dangerous items to camp, but to ensure a safe environment for all members of our community, please make sure your child has not packed alcohol, drugs, cigarettes, or items that could be used as a weapon. Thank you.**

Most of our program activities are held rain or shine with the exception of severe or dangerous weather conditions. **The greatest risk your child will encounter is weather-related hypothermia.** Hypothermia is a lowering of the body temperature to a dangerous level. It can occur at **any** time of the year. Surprisingly, **it occurs most commonly to people wearing damp or wet clothes that do not wick away moisture from their skin in weather of 50-60 degrees with a gentle breeze.** This risk is minimized with appropriate clothing.

Every camper needs waterproof rain gear. Rain gear must include a rain jacket with a hood or a rain hat and rain pants covering the torso and legs, and waterproof or water repellent shoes or boots. A rain poncho is very useful, **as an extra piece of raingear**, but its looseness poses safety hazards in some of our activities such as ropes courses or mountain biking. **Cotton clothing is dangerous when it gets wet** because it loses all insulative value. **Wool and polypropylene (such as fleece garments) act as insulation and retain warmth even when wet.** We realize these may be unusual fabrics for your child; we recommend borrowing these items or even checking yard sales. Thank you for your help in insuring your child will have a safe and healthy experience at Adventure Camp this summer.

CLOTHING (Suggested quantities are for a 6-day session. Please pack quantities that are appropriate for your camper and the session's length. We do not have laundry facilities available.)

Rain Gear Waterproof jacket with rain hat or hood, and rain pants. Ponchos are useful for backup but can't be used for all activities. All campers are required to have waterproof raingear.

Shirts Include at least 1-2 long sleeve shirts – excellent for sunburn or mosquito protection. (See #1 above)

Sweater/sweatshirt/fleece (2-3) At least one that is wool or polypropylene

Socks (1-2 pair per day) At least one pair of wool or polypropylene. We recommend wearing socks at all times to avoid injury and poison ivy.

Shorts (4 pairs) Must be at least mid-thigh length. (See #3 above).

Sneakers or walking shoes (min.2 pair) Must be supportive and closed toe for activities and hikes. One pair should be waterproof or water repellent. Sandals may not be worn for most activities.

Water shoes An old pair of sneakers or sandals that strap on securely that can be used for water activities.

Pajamas

Hat with brim or Visor (i.e., baseball cap)

Jacket

Underwear (1 pair per day)

Swimming suit One piece or "Tankini" only – bikinis are not appropriate. (See #2 above)

Jeans or long pants (2-3 pairs)

EQUIPMENT

- Sleeping bag or sheets and blankets
- Towels and face cloth
- 2 water bottles (1 quart capacity each)
- Knapsack, daypack, or school backpack
- Laundry bag
- Flashlight

PERSONAL (packed in a toiletry kit/bag)

- Soap and shampoo
- Toothbrush and toothpaste
- Comb/brush
- Sun block (SPF 25)
- Insect repellent (non-aerosol, please)

OPTIONAL, BUT NICE TO HAVE

- Pillow
- Camera and film
- Sunglasses
- Reading material
- Letter writing materials/stamps
- Shower sandals

PLEASE DO NOT BRING OR SEND TO CAMPERS

- Candy, gum, snacks, etc.
- Electronic games or equipment
- Radios/walkmans/cell phones/pagers
- Pocket knives/jack knives

If your camper signed up for any trips, including Adventure Trek, “must have’s” include:

- 1. A “mess kit”.** During the trip portion of your session, your camper needs a washable plate/bowl, fork, knife, and spoon. We provide cooking stoves and food.
- 2. Polypropylene (NOT COTTON) long underwear (tops and bottoms)** While space in your camper’s pack is limited, long underwear takes up no room and adds very little weight. (End of winter clearance sales are a great way to take advantage of sale prices!)
- 3. Wool or polypropylene socks.** 3-4 pairs.
- 4. Wool or polypropylene hat and mittens or gloves (lightweight).** Even though it is summer, temperature out-of-doors can vary considerably. The greatest percentage of body heat is lost through your head. (Think of a thermos without a top.)
- 5. A lightweight pair of pants.** Jeans are heavy and bulky to carry, wet or dry. Pants with polyester or nylon that are quick drying are most appropriate. You can substitute a second set of long underwear for pants.
- 6. A sleeping bag with a stuff sack.** Reminder: Since your camper will be carrying all of his or her gear, a lightweight sleeping bag can make a difference. If possible, please use sleeping bags made with synthetic fill, since down filled sleeping bags lose their ability to hold heat when they get wet (and they are heavier and bulkier).
- 7. Zip Lock bags.** Pack all toiletries in plastic bags to protect gear and clothes from leakage. They also keep camper’s clothes dry and help organize contents of packs. We recommend at least one box of gallon size bags.
- 8. Ensolite Sleeping Pad.** A sleeping pad is important for comfort and warmth. An inexpensive “closed cell” sleeping pad is available at Wal-Mart-type stores.

Canoe and Kayaking Trips

-Water shoes or sports sandals –No “flip-flops”

Mountain Bike Trips

-Mountain Bike and helmet. Our bike staff recommends a bike with 21 gears and a suspension or shock system

-**Two water bottles** and racks on bike or **one camelback that holds a minimum of 1.5 liters**

Optional: **An extra set of eyeglasses or contact lenses**, if your camper wears them.

Remember, all campers need full raingear, 2 water bottles, sun block (minimum of SPF 25), and a hat with a brim!!!

Adventure Camp provides canoes, paddles, life jackets, tents, stoves, canoe packs, backpacks, rock climbing gear, cooking gear (pots, pans, etc.), and food. All you and your camper need to bring is the gear listed above, a positive attitude, and willingness to participate fully in an awesome adventure with a group of peers.

PLEASE NOTE: For camper safety, we reserve the right to change the trip destination or itinerary in the case of severe weather or unexpected trail or water conditions, unusual camper needs, natural disasters, or other unforeseen circumstances. We will do our best to inform you ahead of time if there are changes. *Thank you for understanding.*

Adventure Trek, Backpacking Trips, NH Rocks, Coastal Maine Adventure

Hiking Boots. Because of the nature of treks campers, **must have a pair of hiking boots that provide quality ankle support** that are already broken in. Please wear boots until they are comfortable to wear for an entire day.

Rock Climbing, New Hampshire Rocks, and Coastal Maine Adventure

Optional –Rock climbing shoes