

Equipment List

Important General Information about Clothing and Equipment for all Programs

One of the best ways to prepare your camper for a wonderful, safe summer is to follow these packing guidelines. Our program is adventurous by nature, and we maintain very high safety standards. Not all of today's fashions work well for our activities or community!

1. **Shirts:** Spaghetti strap tops are not acceptable in camp. Tank top straps must be at least 1-1/2" wide. Shirts must be long enough to tuck into shorts or pants. Shirts showing the stomach or cleavage are not appropriate.
2. **Bathing suits:** Only one-piece or "Tankini" suits are allowed. Bikinis are not appropriate for our waterfront. If your camper arrives with a bikini, she will need to wear a T-shirt over it at all times.
3. **Shorts:** Due to the use of climbing harnesses and other adventure and trip activities, shorts need to be at least mid-thigh in length. Long pants are also a good choice and are required if shorts are not long enough.
4. **Shoes:** For safety sake, campers must wear "closed toe" shoes that fit securely on the foot (i.e. sneakers, hiking shoes) for all activities except waterfront activities. We recommend wearing socks to avoid injury and poison ivy.
5. **Long pants and long sleeve shirts:** Campers are encouraged to wear long pants and long sleeve shirts for any stationary outdoor program, such as campfires. This helps limit mosquito bites, sun exposure, etc.
6. **Rain gear:** All campers are required to have waterproof raingear including a rain jacket with a hood or a rain hat, rain pants, and water repellent shoes or boots. This does not need to be expensive! An inexpensive top and bottom or poncho will work. We have duct tape for tears, etc. They just need to keep kids dry for 2 weeks.
7. **Clothing fabric:** Most of our activities are held rain or shine, with the exception of dangerous weather conditions. Although some of the equipment listed may not seem to fit summer weather, it is ALL very important. The greatest risk your child will encounter is hypothermia, a lowering of the body temperature to a dangerous level. Appropriate clothing fabric and raingear minimizes this risk. All campers must have at least a few clothing items made out of wool or synthetic fabrics (i.e. Polyester, Polypropylene) that insulate even when wet. Cotton or cotton blends will not keep campers warm when they are wet.
8. **Safety:** To ensure a safe environment for members of our community, please make sure your child has not packed alcohol, drugs, cigarettes, or items that could be used as a weapon. Camp will provide specialized carving knives for campers who sign up for these activities. Please do not pack any clothing items that promote alcohol, drugs, or sex.
9. **Sleeping Bag:** Campers signed up for the "**Adventure Challenge**" program can choose to bring either a sleeping bag or sheets (sized for a single bed). All campers signed up for 2 week programs including "**Adventure Quest, Adventure Trek, and LIT**" need to bring a sleeping bag. Adventure Quest and Adventure Trek campers will spend 2 nights camping out on Sargent Property, while the LIT campers will be out for 2 nights off camp property.
10. **Money:** Campers should not bring money to camp.
11. **Bikes:** Please do not bring a bike to camp.

–Camping Equipment for all 2 week programs–

Adventure Camp provides specialized and group gear (, tents, stoves, backpacks if your camper does not have their own, cooking gear - pots, pans, etc.), and food.

CHANGES IN PLANNED ACTIVITIES: *For the safety of our campers, we do reserve the right to change the trip destination or itinerary in the case of severe weather, unexpected trail or water conditions, unusual camper needs, natural disasters or other unforeseen circumstances. Thank you for your understanding.*

In-Camp Checklist for All Campers

Quantities are per 6-day In-Camp session. Please adjust quantities to the length of your camper's session.

Note that we do not have laundry facilities.

Clothing

- Rain Gear - Waterproof
- Short Sleeve Shirts (5)
- Long sleeve shirts (2-3)
- Sun and mosquito protection
- Sweater/Sweatshirt/Fleece (1)
- Socks (5-6 pairs)
- Shorts (2 pairs) See the **General Information**
- Sneakers or walking shoes (min. 2 pair). One pair should be waterproof or water repellent.
- Water shoes - Sneakers or sandals that strap on securely can be used for water activities.
- Hat with brim or visor (i.e., baseball cap)
- Windbreaker Jacket
- Underwear (5-6 pairs)
- Swim Suit One piece or "Tankini" only
- Jeans or long pants (2-3 pairs)
- Pajamas

Equipment

- 1 week Campers Sheets for a twin bed and Blanket
- or** Sleeping Bag + a Pillow
- All 2 week Campers must bring a Sleeping Bag for the campout (can also bring sheets for the cabin if desired)
- Towels (shower and beach)
- Face Cloth
- 2 Water Bottles (1 quart capacity each)
- Knapsack, Daypack or school backpack
- Laundry Bag
- Flashlight or headlamp
- A set of extra batteries
- Personal toiletries
- Sun Block (SPF 25+)
- Insect Repellent (non-aerosol please)

Optional

- Camera and film Sunglasses Book
- Shower sandals Letter writing materials

2 Week Camper Checklist

Add These Items to the In-Camp Checklist for Adventure Quest, Adventure Trek, and LIT programs

Adjust quantities of items on IN-CAMP list according to the length of time at camp prior to and after your trip.

Clothing

- Wool or polypropylene pullover hat (lightweight) (1)
- Polypropylene or wool long underwear top (1)
- Polypropylene or wool long underwear bottom (1)
- Wool or polypropylene socks (2 pairs)
- Lightweight "quick dry" pants (1 pair)
- Lightweight "quick dry" shorts (2 pairs)
- Lightweight wool sweater or fleece top (1)
- Sun protection hat (Baseball hat or brimmed hat)
- Waterproof jacket with rain hat or hood
- Waterproof rain pants
- Bandanas (2)
- Lightweight sleepwear
- Hiking Shoes or Boots (please wear multiple times before arriving at camp to "break them in").

Equipment

- Sleeping bag (min. 30 degree) with stuff sack. (No Cotton)
- Sleeping Pad - This is important for your comfort and warmth.
- "Mess kit." - A washable plate/bowl, cup, fork, knife, and spoon for the campout