

## Personal Gear List-What to Bring

- 1 or 2 large bags or duffel bags to pack your gear in. (Water proof by lining with large trash bag)
- A day bag (can be a book bag. Double line with 13 gal. Trash bags.)
- Sleeping bag (three season type is best)
- Sleeping pad, close cell foam type is best. (Inexpensive and available at departments stores.)
- Quality packable rain suit (Frog Togs has a very reasonably priced one)
- 1 warm, heavy wool sweater or synthetic pullover, for cool weather
- Wool or felt hat in case of cold or rainy weather
- Windbreaker
- Boots or similar shoes well broken in with good traction for around the campsite activities and camp chores.
- 1 old pair of sneakers that fit well with a pair of smart wool or cotton socks and that have good traction! (These will be required to wear while canoeing, wading and swimming.)
- 2 quick drying pants. (Wind pants or fatigues work well. **No jeans**)
- 5 pair cotton socks
- 2 pair wool socks
- 5 underwear
- 3 cotton T-shirts
- 1 light quick drying towel
- 1 or 2 pair shorts
- 1 quick drying swim suit
- Hat with visor (sun)
- 1 or 2 bandannas
- 1 Gallon size jug with screw on top and your child's name written on it with a permanent marker for easy identification.
- Nalgene or sport type water bottle
- Small flashlight or head lamp (extra batteries)
- Small inexpensive Bible (Old & New Testament)
- Personal toiletries: toothpaste & brush, deodorant. Personal wet wipes. (trial or travel size only)
- Small amount of cash for a soda, snack, or souvenir on the way back to camp.
- Several, one gallon sized, zip lock bags to organize and waterproof small items in.

### **Optional Gear List**

- Camera    ( ) lip balm    ( ) Compass
- Trip Journal
- Head net (bugs)    ( ) Medications    ( ) space blanket    ( ) spare eye glasses
- ( ) Army Type Fatigues Shirt & Pants for camouflaging purposes with team competitions.

**Note: No electronics besides a camera and large blade knives (over 7") permitted.**

**Weather and clothing:** Maine and Canadian Summers are short, so packing for cool weather camping is important. Campers will want to bring quality rain gear with a hood or hat with brim to shed water. For cool weather, be sure to bring clothing that insulates well and are made of wool, polypropylene or other modern synthetic thermal materials. When wearing in layers such as with an outer shell (windbreaker or rain coat) these materials provide warmth even when wet. Cotton, when wet, loses its insulating value and robs your body of heat! In short, you will be cold! Please pay close attention to your packing list and come prepared. During most of the trips the weather co-operates MOST of the time. Be prepared!

**The Lending Chest Program:** We have a limited supply of warm fleeces and rain gear that can be borrowed for your trip. Please call to reserve these items.