



# TEEN PROGRAMS

## Clothing and Gear List 2021



### In-Camp Clothing

On days we are spending in camp, campers can wear whatever they'd like. Typically, most campers opt for comfort, and wear a t-shirt and sweatshirt with shorts or sweatpants.

### Hiking Boots

Boots **MUST** extend **OVER** the ankle. Boots must have good ankle support and be broken-in before camp starts. To break in your boots, you must wear them for 30 minutes of movement, 3 times a week, at least 6 weeks prior to the summer. Since the hiking trips are often muddy and feature several streams, waterproof hiking boots are mandatory. Low-cut dayhikers, Timberlands, or winter boots are **NOT** acceptable as hiking boots. Breaking in your boots will reduce the likelihood of blisters and an unpleasant trip.

### Daily Wear Shoes

Must have at least two pairs of closed-toed shoes for the summer. One pair will be for daily use around camp, including sports. The other will be used for their canoe trip and may get ruined.

### Old Tennis Shoes

Must Have: Closed toes; Significant tread and support; Shoe must **LACE** up

Old pair of athletic shoes are a great choice. These shoes will always be wet and will probably be discarded at the end of the summer.

### Water Shoes

Secure, water shoes for needed for swimming at camp. Crocs, Texas, Chacos, Keens, or an equivalent are acceptable.

### Hiking Socks

Wool or synthetic wool is recommended. SmartWool or Thorlo are fabulous, and REI/Joe's Army Navy make a comparable generic brand. Cotton is not permitted for hiking.

### Headlamp

A headlamp is one of the best camp accessories you can have, and your camper will use it every night during activities, to and from the bathroom, etc. There are a variety of prices and styles; a basic and cheap one is just fine for the summer.

### Work Shirts

Lightweight, long sleeved work shirts are great for keeping bugs and sunburn away on trips. **MUST** button (long sleeved T-shirts do not qualify). Old, collared dress shirts and flannels work just fine. This is a good item to look for at your local thrift store or the back of a family member's closet!

### Hiking Pants

Durable, light weight material that will dry quickly. Must reach the ankle (no capris). Zip-off pants are a plus but not required. No jeans.

### Rain Gear

**ABSOLUTELY ESSENTIAL** to ensure health and comfort in bad weather. **RAINCOAT** must have a hood with a drawstring and/or snaps. The material must be "Coated Nylon" that will breathe. Must be lightweight!

### Extra Glasses

Campers with glasses need to have extra glasses AND croakies. You can accomplish this cheaply online if you know your camper's prescription. One option is Zenni.com, but there are several others.

**Shabbat Clothes** At the outposts, you can dress how you'd like! No special clothes are needed for Shabbat.

**Fleece Jacket** Fleece will help keep campers warm, even when wet, and is essential to their safety and comfort in the backcountry. A hooded or crew-neck fleece (polyester, polypropylene, etc) pullover or jacket is a required item on all backcountry trips. **A cotton sweatshirt does NOT WORK!**

**Thermal Underwear** ABSOLUTELY NO COTTON. Long sleeve and long pants are required. Wool or synthetic material only. Ask at any camping store.

**Sleeping Pad** A simple foam pad is sufficient. RidgeRest makes basic pads that are very comfortable. No inflatable pads.

**Sleeping Bag** If you are purchasing a new bag, keep this in mind:

- Bags should have a 20°F temperature rating or lower.
- The bag should be filled with synthetic material such as Holofill, Polar Guard, Qualofill, Polyfill, etc.
- Cotton and Goose down bags become heavy and lose their insulation properties when wet. DO NOT buy this type of bag. They are also very difficult to wash!
- A nylon stuff sack with a drawstring and tightening straps is required. Most sleeping bags come with an appropriate stuff sack. In general, the smaller the better.

**Nylon Stuff Sack(s)** Separate from the one used to pack sleeping bag. These will be used to pack for trips. Medium sized sacks with drawstrings make for an easier time fitting lots of things into hiking packs.

**Utility Straps** Used for strapping things to other things and have 1,001 uses in camp and the backcountry. Straps that are 48"-60" x 1/2" are recommended.

**Duffel Bag** Space is limited at camp and in our vehicles, so each camper is limited to one duffel. Sleeping bags, sleeping pads, hiking boots, and pillows DO NOT have to fit in the duffel.

**Water Bottles** At least three 32oz. (1 liter) bottles are required. Nalgene brand is strongly recommended. Please make sure to have at least two without a straw, as water bottles with straws and Camelbacks are not permitted on trips (but are fine for at-camp use).

**Bug Repellent/Head Net** NO SPRAY CANS ALLOWED. A medium concentration of DEET is needed: 30% is fine. Controlled Release DEET by Sawyer Products or Picaridin are recommended. These can be purchased anywhere that sells outdoor products. Head nets and raingear also help immensely to ward off bugs.

**Biodegradable Shampoo/Conditioner** As we seek to regulate camp's environmental impact, we require that our campers bring biodegradable shower products. Many major brands are already biodegradable! You do not need the classic Campsuds or Bronners, but please read the labels on shower products you bring. All-natural or organic does not mean the same thing as biodegradable!

### **PLEASE IDENTIFY ALL PERSONAL ITEMS AND EQUIPMENT**

Please do not bring watches, clocks, MP3 players, cell phones, iPods, iPads, GameBoys, electronic games, makeup, jewelry, blow dryers, mirrors, etc. Our policies will be discussed during the camper meetings.

## Required:

- 1 Hiking Boots – BREAK IN BEFORE CAMP!
- 2 Old tennis shoes (around camp, exercise, one for canoe trip)
- 1 Secure water shoes (Crocs, Teva, Chacos, Keens)
- 1 Flip-flops/sandals
- 6 Hiking sock pairs (wool or synthetic)
- 6 Athletic socks for daily wear
- 2 Lightweight, button up LONG sleeved work shirts
- 2 Hiking pants – light weight, quick dry
- 5 Around camp pants (pajamas, jeans, sweats, etc.)
- 4 Shorts – at least one nylon (sport shorts)
- 10 T-shirts (including 2 polyester/quick dry/work out material)
- 14 Underwear
- 6-8 Bras (at least 4 sports bras)
- 2 Bathing suits
- 1 Raincoat (lightweight) - NO PONCHOS
- 1 Rain pants (lightweight)
- 1-2 Fleece jacket—NO COTTON (for trips)
- 2 Sweatshirts (for camp; any material)
- 2 Thermal underwear tops – NO COTTON
- 2 Thermal underwear bottoms – NO COTTON
- 1 Thin wool or fleece gloves – NO COTTON
- 1 Wool or fleece hat – NO COTTON
- 1 Sleeping pad (inflatable not allowed)
- 1 20°F synthetic fill sleeping bag – NO DOWN
- 1 Stuff sack for sleeping bag (not bulky)
- 2-3 Nylon stuff sack (medium sized)
- 1-2 Ditty bags for toiletries/personal items
- 4 Utility straps – 36-48" by 1/2"
- 1 Daypack – must have 2 shoulder straps
- 1 Laundry bag (heavy duty or mesh)
- 1-2 Cot bedsheet sets (including pillow cases)
- 1 Blanket (for in camp only)
- 1 Pillow (for in camp only)
- 3 32 oz. water bottles (Nalgene recommended)
- 3 Large towels (for in camp only)
- 1 Sunglasses (100% UV protection)
- 1 Sun hat/baseball cap
- 2-5 Bandanas (one million uses!)
- 3 Carabiners
- 1 Duffel - ONE per camper

- Non aerosol, DEET/Picaridin, 1-30%
- Biodegradable shampoo/conditioner
- Stationary, envelopes, stamps, pens/pencils
- Camera w/ memory cards (LABEL ALL PARTS)
- Toiletries: toothpaste, toothbrush, floss, deodorant (unscented)
- Feminine Hygiene Products (Including Sanitary Wipes)
- Extra batteries for headlamp/camera
- Extra glasses
- Croakies
- Sunscreen (no spray cans)
- Bug-proof head net
- Headlamp (1-2 recommended)
- 15 Disposable face masks (including 2 accessible for the bus ride)

## Optional:

- Whistle
- Compass
- Backcountry pack (camp provides packs for all campers)
- Hiking sock liners (liners help limit blistering for some)
- Costumes/funky hats/unusual footwear
- Guitar/tambourine/ukulele/harmonica/kazoo/hand drums/Jaw harp
- Playing cards/travel board games
- Reading material
- Journal
- Fishing rod & equipment
- Bathrobe (protects from bugs after shower!)
- Drawstring bag with back ropes
- Crazy Creek
- Additional flashlight/lantern

**NO KNIVES or CELL PHONES ALLOWED**

