

# Packing List

## CLOTHES

1 pillow	2 long sleeve shirts or turtlenecks,	*Riding helmet (Hunt Cap-Essential for those who plan to ride more than once/week)
2 pillow cases	2 sweatshirts	*a watch(inexpensive) highly recommended!
4 bath towels (NOT beach towels)	8 underwear	*toilet articles (tooth paste, shampoo, tooth brush, deodorant, soap dish)
2 wash cloths	10 socks	
2 laundry bags	6 shorts	
2 p.j.s	2 nylon shorts-(optional)	
stationary & stamps	2-3 small mesh bags (for sending socks, underclothes to laundry)	
3 bathing suits		
3 blue jeans or long pants		
7 tee shirts or polos		

## SHOES

1 pair each:  
 \*sturdy walking/athletic shoes  
 \*tennis shoes/ old pr. tennis shoes( that can get wet & muddy, sport sandle such as Texas or Alps work well & are popular)  
 \*tie shoes w/ low (3/4") heel for riding

## ESSENTIAL CAMPING GEAR (for everyone!)

raingear/poncho	*eating utensils (spoon, bowl, cup)
poly-propelene long underwear	*water bottle
poly fleece pullover/sweater (an old wool sweater is good)	*bug repellent
warm jacket	*sun screen
thick <u>wool or wool blend</u> socks	*tent cord ("P" cord)
sleeping bag (nylon shell/polyester filling)	*bandanas
*stuff sack -lg. for sleeping bag	sleeping pad
ripstop nylon tarp	cap or hat (wool or fleece)
*plastic ground cloth	shelter (tarp* or tent)
*flashlight (or head light)	

**\*items available in camp store  
 \*\*See pages 2 and 3 for more info on camping gear.**

## OPTIONAL ITEMS

tent  
 Riding shoes (rubber boots, paddock boots or the new tennis shoe designed for riding)  
 watersport shoes  
 stuffed animal  
 tennis racquet & tennis balls (essential if you're playing tennis!)  
 pocket knife

### A WORD TO THE WISE

*All of us tend to pack too much. "Less" is easier to keep up with and care for. An "outfit" for every activity is not necessary!*

## MISCELLANEOUS

Musical Instruments (Optional...always welcome)  
 Daypack  
 Pack & Frame (Optional) You may have rented one from us already...don't buy one unless your daughter is an avid backpacker. *\*We will have 10 backpacks available for rental "by the trip", for an additional charge. This should be helpful for "occasional users."*

### Name Tapes

We suggest you tape a list of things your camper brings inside the top of the trunk. Especially for young campers, it would be a good idea to describe on that list any particularly expensive items such as jackets or sleeping bags.

Another important consideration: **every item that comes to camp should be clearly marked** with the camper's full name or first initial and last name. This applies to tennis shoes, tennis racquets, hunt caps, cameras, ponchos, sleeping bags - the works! You can choose between the stamp type labels, the iron-ons or sew on. (Order form enclosed) For odd items, the "Rub-A-Dub" laundry marking pen works well. It can be found at any office supply store.

### Please Don't Bring

Please DO NOT SEND expensive and/or delicate equipment such as gameboys, tvs, skateboards, nintendos, or similar computer games, laptops, cellphones, expensive clothing or jewelry! It is too easy for these items to get lost or damaged, and is simply not appropriate in our situation. **CAMP CANNOT BE RESPONSIBLE FOR LOST ARTICLES.** Hair dryers, radios, etc. should be kept to an absolute minimum. Again, these are generally unnecessary at camp and not particularly appropriate.

### Hunt Caps

RIDERS: Hunt caps are required for any/all riding activities. **If you plan to ride no more than once a week, we can supply one. For more than that, bring your own.** Fit and quality make a big difference in a hunt cap. Be sure to get an ASTM/SEI Approved Helmet. We are enclosing an order blank for your convenience. (This is an approved helmet at an excellent price!) Please send DIRECTLY to Premium Helmets!

# Gear for Safe Summer Camping

Some summers are dry; some are wet; the weather gods are fickle. The canoeists love the rain (brings the rivers up!); the rock climbers like it dry. When a trip goes out for three or four or five days, they never know what the weather is going to do... and that's part of the fun of it. Adversity is a great teacher, and it can be a wonderful, growing experience to overcome difficulties and accomplish your goals in spite of the weather or other obstacles. It's not a lot of fun, though, if you're not well prepared; it can be miserable, in fact, and even dangerous.



A principal factor affecting the success of a trip taken in adverse conditions is **equipment**. The trick is knowing what to bring, without overloading yourself and spending a fortune. **IF YOUR CHILD WANTS TO DO ANY MORE THAN SIMPLE, OVER-NIGHT CAMPING TRIPS ON OUR OWN PROPERTY, SHE SHOULD BE PROPERLY EQUIPPED.** We will not allow a youngster to go on a trip dangerously unprepared. Even overnights can be uncomfortable without good basic equipment.

There is packing list in the "Preparing for Camp" pages which summarizes everything. Call if you have any questions.

We are including the names of several good sources for gear. Two of them, Diamond Brand and Sunrift, are near us, and are worth a stop if you are driving to camp.

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## Gear for Safe Summer Hiking

*Weather is a very serious thing when you can't get away from it... especially in the mountains, which make their own climate. It can be sunny and warm one hour and wet, windy and cold the next, even in mid summer. That's why hypothermia occurs most often in warm seasons; people forget how changeable mountain weather can be, and go unprepared. Hikers in the backwoods are highly vulnerable; their only protection is what they provide themselves. It can rain a lot in the mountains, and that usually makes it cold. Unprepared groups can have to be evacuated, even if only one member is affected. Two factors are important: *having good gear, and knowing how to use it.* If you'll take care of the first, we'll take care of the second.*

**RAINGEAR.** A lightweight, waterproof **nylon rain jacket** is best. It is much more durable than plastic, and it keeps out the wind much better than a poncho. All clothing, especially when wet, is warmer under a windproof outer layer, and anything waterproof is windproof too. GORTEX (and similar material) is waterproof yet allows evaporation; it is excellent but expensive. It may be worth the cost if you plan to spend a lot of time camping out. To rainproof your backpack, a separate rain cover rather than a poncho is best. The poncho is awkward, catches on every branch, and gets in the way of every activity.

**WINDBREAKER.** Wind increases the chilling effect of cold and wetness tremendously. A rain jacket will block wind well, but a non-waterproof, lightweight nylon windbreaker (with hood) is better for dry conditions. You can wear it while hiking and perspiration will pass through to the outside instead of soaking your insulating clothing. Wind pants are also available but are somewhat less critical than a wind jacket, since your legs lose less heat than your torso.

**CLOTHING and INSULATION.** Shorts and a light shirt are great for mid-day, good weather hiking, but there are frequent times when warm clothing is essential. A set of **non-cotton long sleeves and pants**, plus a thick **sweater or jacket** (not a cotton sweatshirt) work well. Light-weight **polypropylene long underwear** is a wise addition. So is a **knit cap**; more heat is lost from the head than from any other single part of the body (because the heat-radiating blood supply to the head is never reduced, as it often is to the limbs).

**SHOES.** The important factors here are overall comfort, protection against bruising the soles of the feet, and protection against twisting and spraining the ankles. Because bruises and sprains are much less frequent than blisters, which can be just as incapacitating, a comfortable pair of good **tennis or running shoes** will suffice for most overnights and many three day trips. **Boots** provide better protection, but are likely to be less comfortable until well broken in. If you do get boots, don't get stiff leather ones; get soft leather, or a combination leather and nylon summer boot, which is more flexible and cooler. (Such a boot at Diamond Brand runs about \$45.)

*Cotton is a poor insulator when wet, because the fibers become much more compacted than those in wool or artificial fabrics. When wet, it is heavy and dries very slowly. Cotton blue jeans are especially bad; besides being non-insulative, slow to dry and heavy when wet, their tightness makes them harder to hike in and colder (by restricting blood flow). Artificial fibers like polyester insulate best, dry fastest, are lightest and most durable. Second best is wool; garments of it can often be bought cheaply at Goodwill, Salvation Army, or other thrifts. .*

Finally, have some extra **creek shoes** you can wear for crossing or swimming in rocky streams; it is hard to carry a pack out of the backcountry with feet cut up by sharp rocks or broken glass. Creek shoes are simply old tennis or running shoes which you don't mind getting muddy and wet.

**SOCKS.** Cotton athletic socks are satisfactory for overnight trips, but **thick ragg wool hiking socks** are much better for longer trips. Wool provides cushioning and warmth even when wet from rain or perspiration (remember about cotton fibers becoming more compacted when wet). **Thin liner socks** of some man-made material pass moisture through to the outside, and absorb some of the friction between the feet and the outer socks. Both things help reduce blisters. Take a clean pair for each hiking day, since dirty ones harbor body oils that reduce loft.

**SLEEPING BAG.** Don't use slumber party bags and others with cotton batting; they're heavy, bulky, and absorb water like a sponge. At the other end of the cost spectrum, goose down bags are also poor insulators when wet, and are difficult to dry. Get a mid-cost bag (\$40 to \$80) with a nylon shell and some form of **polyester filling**. A mummy or barrel-shaped bag is much warmer per pound than a rectangular-shaped one; by clinging closer to the body, it reduces air circulation that causes convective heat loss. A 45 degree temperature rating is quite adequate.

**STUFF SACKS** are handy for many things, and indispensable for a sleeping bag when you strap your bag to your pack frame outside the pack sack, as most people do. The tough nylon stuff sack prevents brush along the trail from tearing the plastic garbage bag in which you must carry your sleeping bag to keep it dry. Stuff sacks are also excellent for packing extra clothing, tarps, tents, etc. The stuff sack is not waterproof, even if it is has a waterproof coating inside; the seams will leak like a sieve, to say nothing of the opening. For this reason, you must further waterproof your things with plastic; a heavy duty plastic garbage bag works well. These are available in the camp store.

**SLEEPING PAD.** This is not a luxury item. It is certainly much softer than the ground, but mainly it is an insulator. Even in the summer, the ground absorbs body heat like a sponge. A closed cell or other type foam pad stops 90 % of that heat loss. It also helps the plastic or waterproof nylon groundsheet underneath everything keep moisture away from the sleeping bag.

**SHELTER. Tarps\*** can be nylon or plastic (nylon is far tougher) and are much simpler, cheaper, lighter, more compact, and more "basic" than tents. They work well when pitched right, used with a properly laid waterproof **groundsheet\*** (generally plastic), when the user does not roll around much during the night and does not mind the bugs. On the other hand, a **tent** is more secure, warmer, and keeps out bugs, but requires its own kind of skill and attention. Seams must be kept sealed, waterproof coating periodically renewed, etc. Your choice.

**FLASHLIGHT\*** Handy in normal conditions and indispensable in critical ones. Best is a small flashlight that works on two AA size batteries. Alkaline batteries are definitely preferable; they may cost twice as much as regular ones, but they last more than twice as long. Bring spare batteries, and a spare bulb too.

**EATING UTENSILS\*.** Bring a lightweight, cheap, **plastic cereal sized bowl\*** or **plate\***, a **hard plastic cup\*** or **mug**, and a **heavy duty plastic spoon\***. Avoid aluminum, and small, thin plastic cups. An insulated cup is the very best, of course, but is not really necessary in the summer.

**WATER BOTTLE\*.** Heavy exercise like backpacking promotes dehydration, which in turn contributes to all sorts of nasty things from heat stroke to hypothermia. Always carry water.

**PHARMACEUTICALS.** We will carry First Aid kits, but there are a few things you should have of your own. Pain from lips badly chapped by sun and wind is easily prevented by **Chap-stick\***. Severe sunburn can be extremely uncomfortable and dangerous; bring **sunscreen\*** with a high Sun Protection Factor. Waterproof sunscreen, like "Bull Frog", is especially good. Insect bites are itchy and susceptible to infection; bring **insect repellent\***.

**BACKPACK.** A good backpack should be roomy, sturdy, have an external or internal frame, and a hip belt. Because good ones are expensive (at least \$70), we do rent them at camp. If you have one that really fits, bring it; otherwise, rent one from camp.

**MISCELLANEOUS. Extra cord\*** (about 3/16") is needed for stringing tarps. **Bandanas** are handy. A **Swiss Army knife** (or similar pocket knife) is a really useful tool. (Please DO NOT send knives longer than a pocket knife, as we do not plan to skin any deer, and big, long knives can be dangerous.)



*As in most things, it's better to put some thought into buying the right gear the first time. And besides, everything except the clothing will last for years of camping. (The clothing can always be handed down to next year's campers!)*

**\*Items with an asterisk may be bought in the camp store.**

Places to buy camping gear:

L.L. Bean (mail order)  
1-800-221-4221

REI (mail order)  
1-800-426-4840

Diamond Brand  
Hwy 25  
Naples, NC 28760  
1-800-459-6262

Campmor (discount mail order)  
1-800-526-4784

Sunrift Adventures  
1 Center St  
Travelers Rest SC 29690  
1-864-834-3019