

# ADVENTURE PROGRAM

## Recommended Personal Gear List

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Thank you for joining us this summer for a week of exploration and adventure! In addition to our main packing list, please read through this page of recommendations for our Adventure Program. This list includes some additional items to bring, as well as recommendations to make your week at camp the best it can possibly be!

### Layering & Fabrics

When thinking of what clothes to pack for camp, we recommend you pack appropriate clothing for camping and canoeing. We put together a brief overview of layering and types of fabric for your convenience.

Layering clothing is key to controlling body temperature and staying comfortable in a wide range of activities and conditions. Choosing the right fabric is important to keep you comfortable and happy!

**Wool:** This traditional fabric for the outdoors keeps you warm even when it's damp. It's cheaper than newer synthetic fabrics, but it dries slower and is heavier.

**Synthetics:** (Thermax, Polypropylene, and Polartec) They insulate the body when wet and dry quickly. They are light-weight and pack small, but cost a bit more.

**Cotton:** Absorbs moisture, provides no insulation if wet or damp, and takes a long time to dry. We recommend you avoid packing clothing made of cotton (i.e. denim pants) for the days/nights on the river and at the campsite.

For more information on clothing and layering, check out this great REI article: <http://www.rei.com/learn/expert-advice/clothing-layers-paddling.html>

### Clothes

Remember, you'll be "on the trail" from Tuesday to Thursday. Don't over-pack, as you need to carry everything with you! Your other clothing and personal items that you wish to bring to camp, but not take with you on the overnight camping trip, will be stored in a safe, secure place at base camp.

### Camping Gear & Personal Items

- 1) **Sleeping Bag:** for sleeping in tents on a ground pad on the overnight camping trip
- 2) **Ground Pad:** if you'd like to bring your own
- 3) **Flashlight/Headlamp** and Batteries
- 4) 1L (32oz) **Water Bottle/Nalgene**
- 5) **"Wet" Closed-Toed Shoes:** for getting in and out of the canoes
- 6) **"Dry" Closed-Toe Shoes:** for hiking to and around the campsite
- 7) **Bug Spray:** Non-Aerosol
- 8) **Sun Screen:** SPF 15 or more, sweat-resistant

### Additional Clothing & Equipment

- 1) **Brimmed Hat:** to shade yourself from the sun on the lake and river
- 2) **Warm Hat:** for cool mornings and nights
- 3) **Bandana/Headband:** to keep hair and sweat out of your eyes
- 4) **Sunglasses:** to help with the reflection off the water
- 5) **Life Jacket and Paddle:** if you'd like to bring your own

Please feel free to contact us with any questions or concerns: (218) 865-6589