

## Counselor in Training - What to Bring

### For Camp:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Journal or spiral notebook      | <input type="checkbox"/> Swimsuit                                  | <input type="checkbox"/> Pillow/pillowcase                    |
| <input type="checkbox"/> Bible                           | <input type="checkbox"/> Underwear                                 | <input type="checkbox"/> Sleeping Bag                         |
| <input type="checkbox"/> Paper/Pen                       | <input type="checkbox"/> Gym Shoes                                 | <input type="checkbox"/> School-size backpack                 |
| <input type="checkbox"/> T-shirts (at least 5)           | <input type="checkbox"/> Sandals                                   | <input type="checkbox"/> Inhaler (if needed)                  |
| <input type="checkbox"/> Long-sleeve Tops                | <input type="checkbox"/> Sunscreen                                 | <input type="checkbox"/> Prescription Medications (see below) |
| <input type="checkbox"/> Jeans                           | <input type="checkbox"/> Bug Spray (see below)                     | <input type="checkbox"/> Epi-pen (if allergic)                |
| <input type="checkbox"/> Shorts                          | <input type="checkbox"/> Toiletries (toothbrush, comb, soap, etc.) |   |
| <input type="checkbox"/> Pajamas                         | <input type="checkbox"/> Towel                                     |   |
| <input type="checkbox"/> One dressier outfit for banquet | <input type="checkbox"/> Washcloths                                |   |
| <input type="checkbox"/> Sweatshirt/sweatpants           |  |   |

### Optional:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Camera and film   | <input type="checkbox"/> Hat with visor     | <input type="checkbox"/> Money for her 'camper' account |
| <input type="checkbox"/> Nylon Windbreaker | <input type="checkbox"/> Kleenex            |   |
| <input type="checkbox"/> Chapstick         | <input type="checkbox"/> Musical Instrument |   |
| <input type="checkbox"/> Sunglasses        | <input type="checkbox"/> Stationary         |   |

## **KEEP ALL PRESCRIPTION MEDICATIONS IN ORIGINAL PHARMACY CONTAINERS with ORIGINAL LABELS!**

**BUG SPRAY/LOTION:** Please pack bug spray that contains an amount of deet appropriate for your child. Ask your doctor.

Updated DEET recommendations:

As a result and at that time, AAP recommended a cautious approach, using a 10 percent or less concentration of DEET on children. That recommendation has been amended. An AAP news release dated August 2001 cited information from the Environmental Protection Agency and contained the statements: "It would seem appropriate, therefore, to use products with concentrations around 30 percent for adults and children. Products with lower concentrations (10 percent to 15 percent) can be used for children if families are concerned about the potential risks of DEET and there is little or no concern about the transmission of malaria, encephalitis, or other major vector-borne diseases."

([www.aap.org/family/wnv%2Daug01.htm](http://www.aap.org/family/wnv%2Daug01.htm) as cited on December 6, 2002).

## **Some thoughts to help decide what to bring and what not to bring:**

- The more you bring the less room in your cabin! Remember there are 5 other girls and 2 counselors in your cabin that will also be bringing four weeks worth of stuff. Practice simplicity!

## **For your five-day hiking trips:**

### Must-haves:

- Sturdy over-the-ankle hiking boots
  - middleweight (usually 2.5-5 lbs) are the best, strong enough to support the weight of a pack, but light enough to not tire you out just by walking in them
  - boots with part leather and part synthetic uppers are more flexible and easier to break in, stay away from seamless all-leather tops unless you have experience with them
  - look for good tread on the soles and waterproofing (GORE-tex) if possible
  - good brands include Mammut, Columbia, Keen, Timberland, REI, EMS, Vasque, Garmont, Hi-Tech, Merrell, The North Face, Salomon, and Montrail
  - try on boots in the afternoon when your feet are swollen, and with the wool socks you will hike in
  - when trying on boots, check for heel slippage (you want none) and toe room (remember that going downhill, your feet will slide forward), as well as general comfort
  - BREAK IN your boots before coming! Even just walking around the house and up and down stairs for an hour a couple times a week is better than nothing. If you have never worn your boots before the week of the hike, prepare for blisters!
- Waterproof Jacket
  - this doesn't have to be fancy, but it does have to be waterPROOF (not water resistant). Even a large poncho from Wal-mart will work. That is better than most normal nylon, wind-breaker type jacket. These are typically not waterproof at all-check the label!
  - make sure it has a hood, and preferably lightweight. Lined rainjackets are very hot.
- 4-5 pairs WOOL hiking socks
- 1 pair of lightweight pants

- NOT denim, and preferably nothing cotton. The best choice is a pair of zip-off 100% nylon hiking pants (this would also take care of your shorts!), second best is a pair of nylon, wind-breaker type athletic pants
- 2 pair of shorts
  - again, no denim, hiking shorts are best, or mesh-type sports shorts
  - these should be not too short, for comfort and to prevent chafing (spandex are helpful to wear underneath). Remember, you will have a pack strap around your waist!
- 4-5 short sleeve shirts
  - synthetic/nylon shirts are good, but t-shirts are fine too. Cotton is okay for shirts, as long as you have extras if one gets wet. If you have synthetic shirts for hiking, a t-shirt is good for a 'camp shirt' at the end of the day, and for sleeping. No one wants to sleep in their sweaty hike clothes!
- 1 set of long underwear
  - nights in the High Peaks can drop into the high 30s, even during the summer-you will want warm clothes! Long underwear is light, tight-fitting, and warm, and the shirt can also double as your long sleeve shirt. Again, non-cotton is best.
  - if you don't have long underwear, you will need a warm pair of fleece pants
- 1 long sleeve shirt
- 1 wool sweater or lightweight fleece
  - NOT a hooded sweatshirt, it is heavy and if you get wet will not keep you warm
- 1 wool or fleece hat ('beanie' or ski-style)
- 4-5 comfortable sports bras

**Optional:**

- |   |   |
|---|---|
| <input type="checkbox"/> Headlamp or small flashlight | <input type="checkbox"/> Compass  |
| <input type="checkbox"/> Bandana or handkerchief      | <input type="checkbox"/> 1 pair of 'camp shoes' – flip flops, crocs, or light sandals are great |
| <input type="checkbox"/> Polypropylene sock liners    |   |

- As mentioned above, stay away from cotton clothes. Nylon, polyester, silk, wool, and fleece are all fabrics that will dry faster if they get wet which can be important. There is no need, however, to buy expensive hiking clothes - Wal-Mart, any sporting goods stores, and second hand stores sell great inexpensive clothes that will work well. Look at the 'exercise' clothes, these are often synthetic. Remember, it isn't a fashion show out there, functional is much better than fashionable!
- Raingear and warm clothes are very, very important – please do not come without these! There is nothing worse than a cold, wet, week in the woods, and it can be a serious safety concern.
- Be sure you have broken in your boots before arriving. This will save many blisters and pain in your feet during the trip!
- You must bring a supply of feminine products (pads, tampons, etc.) just in case. Also, bring a small package of baby wipes for hygiene purposes and a few Ziploc bags for disposal.
- Remember for everything on this list, smaller and lighter is better. You will be carrying it all on your back! If possible, try to find small toiletry items (toothpaste, contact solution, bug spray, etc.)
- There is NO need to buy a hiking backpack, sleeping bag, or other more expensive, advanced gear – Tapawingo will provide these! However, should you have a pack you would like to bring, or would like to purchase one for future usage, please make sure it has a capacity of at least 4000 cubic inches, a sturdy padded hip belt, and that it fits your torso size correctly. For a sleeping bag, it should be mummy-style, temperature rated down to 30 degrees, and have a stuff size of about 10x20 inches. Both synthetic and down-filled sleeping bags are fine, but down will be much more expensive.
- Any sporting goods stores (Dick's, Cabela's, Gander Mountain, LL Bean, Coleman) as well as specific hiking stores (REI and EMS) should have knowledgeable salespeople who can help you with purchasing any of these items. Campmor.com can also serve as a good reference, has a wide selection, and good sales.
- Any other questions about the items on this list, please contact us!