

## **Equipment and Clothing List For Point Reyes Adventure Camp**

*Traveling light is important! We provide group gear (such as stoves, tarps, first aid, etc.) and all food (except arrival day lunch). The list below is what you will need for the backpacking trip. You will be able to leave items (such as extra clothes) in cabins back at camp while on your trip.*

### **REQUIRED ITEMS:**

#### **Gear:**

- \* Sack lunch for Sunday, labeled with name
- \* **Warm mummy style sleeping bag** rated to 20 degrees F or lower, *synthetic* filling, nylon covered
- \* Backpack (large enough to carry all gear needed for 4 days & extra group gear)
- \* Sleeping bag straps - used to attach sleeping bag/pad to backpack
- \* 1 sleeping pad - thin synthetic pad for insulating against cold ground
- \* **2 QUART (32 oz.) size water bottles (mandatory)**; make sure they do not leak). Gatorade or plastic water bottles will work in a pinch
- \* Mess kit: spoon, fork, mug, plate (tupperware with lid works well as a plate/bowl combo)
- \* Day pack, stuff sack or pillow case for stuffing things
- \* Lightweight and small flashlight and extra batteries
- \* Large trash bags to waterproof gear (3-6 bags)

#### **Clothing:**

- \* 2 pairs long pants, comfortable (e.g. army pants, sweats) that could double as sleepwear (NOT JEANS)
- \* 2 pairs lightweight shorts
- \* 3 T-shirts
- \* 1-2 long sleeve shirts (for sun protection and warmth)
- \* **1 Warm jacket (mandatory)**
- \* **1 sweater or sweatshirt (mandatory)** -Synthetic/wool clothes preferred vs. cotton (see page 8)  
(Check thrift stores for old wool sweaters)
- \* 4-6 pairs of underwear
- \* Hat and cap (one for sun & one for cold)
- \* Rain gear or rain poncho (nylon or plastic, not vinyl)
- \* 1-2 Bandanas
- \* 1 pair long underwear (can also be used as sleep wear)
- \* A fresh set of clothes to wear upon returning to camp (socks, pants, underwear, shirt and *fresh towel*)

NOTE: Point Reyes weather is highly variable. Temperatures in the summer can be as high as 90 degrees F and as low as 50 degrees F! Please come prepared for cold/damp weather!

#### **For Your Feet:**

- \* 1 pair sturdy hiking boots which **have been worn for at least 3 weeks** and are comfortable for long hikes (should provide ankle support)
- \* Back up pair of shoes (preferably tennis shoes)
- \* 2 pairs sock liners (help prevent blisters) worn under hiking socks
- \* 4-5 pairs of hiking socks

**More packing information on next page→**

## Equipment and Clothing List (continued)

### Toiletries:

- \* Sunscreen & Lip balm (SPF 15 or higher)
- \* Soap, in a container (biodegradable preferred e.g. Dr. Bronners)
- \* Sanitary napkins, if needed (bring plastic baggies too)
- \* Toothbrush and toothpaste
- \* Shampoo
- \* Comb or brush
- \* Small hand towel and washcloth (or “packtowel”)
- \* 1 towel for showering back at camp

### OPTIONAL ITEMS:

- \* Pillow case and pillow for in camp
- \* Binoculars and hand lens
- \* Cassette tapes or CD's for the Thursday night dance - NO CD PLAYERS
- \* Mittens or gloves (many campers wear them!)
- \* Extra jacket
- \* Camera and film
- \* Reading and writing material, stamps

Please mark camper's name on all clothing and possessions. **We are not responsible for lost items.** We recommend that you check that your child has all of his/her belongings on the last day of camp. Items left behind will be donated to charity if not picked up before September 30. (Call our office first to make arrangements.)

### DO NOT BRING

- \* Radios, walkmans, iPod, cell phones/pagers/PDA's, hand-held computer games, or electronics of any kind
- \* Candy or any food or drink item not intended for Sunday lunch
- \* **No Money or Valuable Items At Camp!** (Parent/Guardian may wish to bring money to purchase a camp T-shirt on the first or last day of camp)
- \* Weapons of any sort (pocket knives will be carried by group leaders and will be used under their supervision)
- \* Firecrackers
- \* Jewelry
- \* Cigarettes, alcohol, illegal drugs are prohibited and warrants being sent home with no warning and without a refund

Please bring suitable clothing & equipment for a 4-day backpack trip. Be sure to label all items, and remember that snacks or treats that are stored in cabins are an invitation for raccoons to make pests of themselves; so kindly do not send any goodies to your teen while they are at camp.

**More information on next page→**

## Adventure Camp Packing Tips

### **Clothing**

Considering the variable weather in Point Reyes, **LAYERING** is the best way to ensure comfort in the outdoors; it allows you to make quick adjustments based on your activity and the weather. The following are the three basic stages in layering:

**First Layer: Moisture Management:** Your next-to-skin layer should be materials other than cotton, as cotton can absorb perspiration and leave you feeling wet and chilled. Synthetic wicking fabrics like Coolmax polyester, Patagonia Capilene, REI MTS, and Polartec work to transport perspiration from the skin to the outer surface where it can evaporate.

**Middle Layer: Insulation:** The insulating layer helps you retain heat by trapping air next to your body. Polyester fleece vests, jackets, and tights are good examples of insulation suitable for outdoor activities. Fabrics such as wool and polyester fleece are excellent insulators. Wool is warm and insulates when wet, though it is bulkier than fleece. **Cotton** absorbs moisture, is slow to dry and is bulkier than any other fabric. **Polyester fleece** dries fast, is lightweight, breathable and insulates even when wet.

**Outer Layer: Wind and Water Protection:** The shell layer protects you from wind and rain. It holds your body heat in while allowing water vapor to escape. Your outer layer should be breathable or well vented to keep perspiration from collecting and chilling your body.

### **Boots**

Be sure to bring a pair of sturdy hiking boots that have ankle support and have *been worn for at least 3 weeks*. They must be comfortable for long hikes. The more you wear them before you get to camp, the better your feet will feel. We strongly discourage campers from borrowing boots.

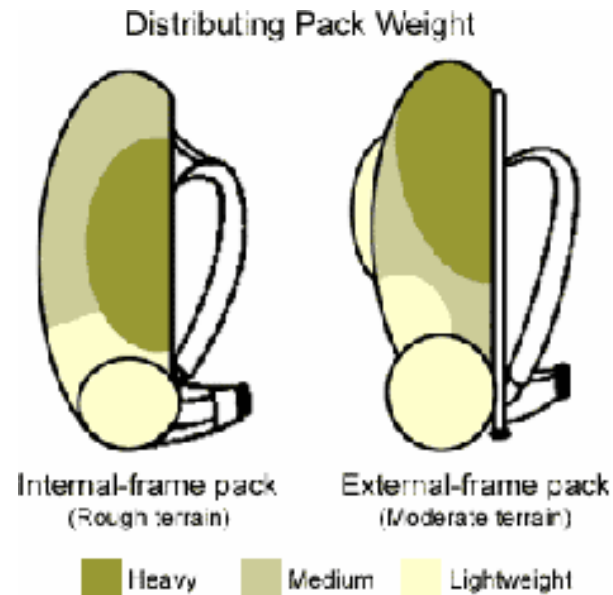
Comfortable feet = 😊

Blistered feet = :(

**More information on next page →**

## Backpacks

When packing your backpack, remember you will need 1/4 of your pack kept empty for group gear like food, tarps and cooking materials (provided by camp).



***\*\*Do not borrow a backpack that is uncomfortable and does not fit your frame. Make sure the straps are well-padded and it is comfortable when it is LOADED! (Do not try on an empty backpack)***

Sleeping bags should fit in the bottom of your pack. Lighter weight materials should be packed at the bottom of your pack. Heavy and bulky items that are not needed frequently (extra pair of shoes) should be placed high and against your back to center the weight high over your back where it is easier to carry. Little tidbits (camera, rain gear, water bottles, sunglasses, hat) should be placed in the side and top pockets so you can access them while you hike.

**For an especially well-organized pack**, make or buy stuff sacks or ziplocs in a variety of colors. Always keep certain items in a particular color of bag – toiletries in green and socks and underwear in blue, for example – to make it easier to find what you're looking for without tearing your pack apart.

**Women** have a naturally lower center of gravity, so shift heavier items a little lower in the pack. You are the ultimate judge of what feels comfortable to you, so experiment with different load arrangements to determine what feels best.

*It is OK to bring a small bag for storing items (such as extra clothes) in cabins back at camp while on your trip.*