

Equipment and Clothing List For Point Reyes Adventure Camp

Weather

Point Reyes National Seashore has a summer climate that is distinctly different than the surrounding greater San Francisco Bay Area. The coastal influences produce overcast skies, fog and even drizzle. Cool mornings and sunny afternoons are often the norm. **Layering** is the best solution to our variable weather conditions. Wool and synthetic fibers stay warm when wet since they wick moisture away from the skin. Please be sure to pack the clothing we recommend. A warm synthetic sleeping bag is very important because we will be sleeping outside under the stars, not in tents.

***Note regarding belongings left at camp:** Please label all belongings (especially valuables) with your child's first and last name. While we make every effort to return found items to campers before they depart our site, Point Reyes Summer Camp is not responsible for storing or returning found items. Valuables such as cameras and binoculars are stored at the National Seashore Dispatch Office in Bear Valley. Contact them directly at 415-464-5170 to inquire about lost valuables. Clothing, water bottles, towels, and similar items will be donated to the local thrift store. Dispatch will donate items to the local thrift store after 30 days.*

Note: Campers will be able to leave items (such as clean clothes, toiletries, towels, pillows, etc) inside their cabins during the backpacking trip.

Traveling light is important! Please consider the weight of clothing and equipment when selecting what to pack. We provide group gear (such as tarps, stoves, cooking equipment, food, first aid kits, etc.).

ESSENTIAL CLOTHING

- Warm jacket (down or fleece)
- Sweater or sweatshirt (wool, fleece or other synthetic, not cotton)
- Rain jacket & pants or large durable poncho (nylon or gortex, not vinyl)
- Long pants (2 pair), synthetic or wool, no jeans
- Shorts (1-2 pair)
- T-shirts or tank tops (3)
- Long-sleeve shirts (2)
- Underwear (6)
- Socks (6 pair) heavy and mid-weight hiking
- Sock liners (2 pair) to prevent blisters
- Long underwear (synthetic, silk, or wool, no cotton)
- Shoes (4 pair)
 1. Sturdy broken in hiking boots or shoes (with ankle support)
 2. Sturdy sandals with straps
 3. Extra pair of shoes
 4. Flip-flops for shower shoes
- Hats (2)
 1. Sun hat or visor with brim
 2. Beanie or equivalent for cold weather
- Gloves or Mittens
- Cotton bandanas (2-3)
- Clean clothes for return day

ESSENTIAL NON-CLOTHES

- Day pack with the following:
 1. Sack lunch for Sunday, labeled with name
 2. Water bottle/canteen (quart size)
 3. Sunscreen & Lip Balm (SPF 15 or higher)

- 4. Inhaler and/or EpiPen, if required
- **Synthetic mummy sleeping bag** rated for 20° F or lower (no down or cotton bags)
- Lightweight flashlight or headlamp with extra bulb and batteries
- Large towel (*for use at camp*)
- Small towel or pack towel
- Backpack (large enough to carry all personal gear for 4 days plus food and group gear)
- Cinch straps with buckles (2) to strap gear onto outside of pack
- Sleeping pad (1) for backpacking
- 2 QUART (32 oz.) water bottles (sturdy and reusable)
- Mess kit: spoon, fork, mug, plate (tupperware with lid works well as a plate/bowl combo)
- Large heavy duty trash bags to waterproof gear (3-6 bags)
- Extra stuff sacks (2-3)

TOILETRIES

- Biodegradable soap (in a container)
- Sanitary napkins or tampons, if needed, plus plastic bags for disposal
- Toothbrush and toothpaste
- Shampoo
- Comb and/or brush

MEDICATIONS

It is essential that you carefully read and follow the detailed directions above.

OPTIONAL ITEMS

- Small duffel bag for clothes & other items left in cabin during backpack trip
- Pillow and pillowcase
- Laundry bag (for dirty clothes)
- Binoculars
- Camera (Please label with last name. We recommend sending a disposable-type.)
- Reading material, stationary & envelopes, journal

PLEASE LEAVE THESE ITEMS AT HOME

- Electronic devices of any kind including cell phones, PDA's, radios, walkmans, iPods, computer games, etc. If accidentally brought to camp, these items will be held in the director's office and returned to parents on departure day.
- Candy, gum, or extra food/beverages (things not included in lunch packed for first day)
- Money and/or valuables
- Knives (including Swiss Army) and/or weapons
- Firecrackers, matches, lighters, candles
- Makeup
- Perfume
- Jewelry
- Cigarettes, alcohol, illegal drugs

Adventure Camp Packing Tips

How to Layer Clothing

1. **First Layer: Moisture Management:** The layer closest to the skin should not be cotton. Cotton absorbs moisture including perspiration leaving the wearer wet and cold. Wool, silk and synthetic wicking fabrics (polyester, capilene, etc.) transport perspiration away from the skin to the garment surface where it evaporates.

2. Middle Layer: Insulation: The insulating layer helps retain heat by trapping air next to the body. Wool, polyester fleece and down are good insulators. Wool stays warm and insulates when wet, though it is bulkier than fleece. Polyester fleece dries fast, is lightweight, breathable and insulates even when wet. Cotton absorbs moisture, dries slowly and is heavy to carry.

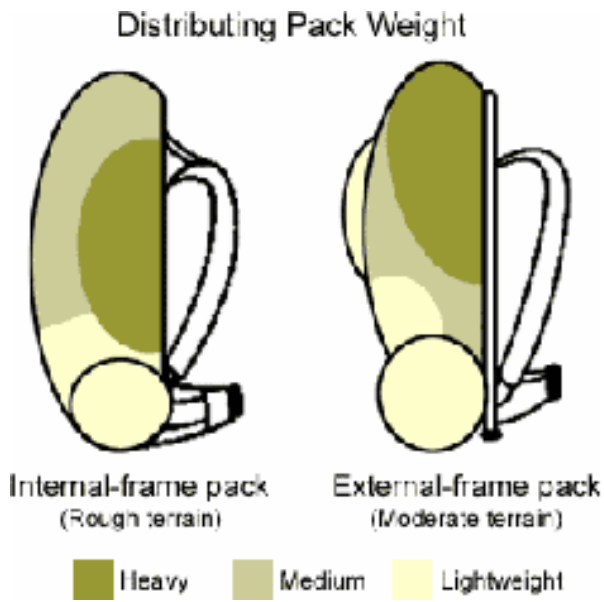
3. Outer Layer: Wind and Water Protection: The shell layer protects the body from wind and rain and holds in body heat while allowing water vapor to escape. Pack an outer layer (poncho or jacket and pants) that is breathable or well-vented to keep perspiration from collecting and chilling the body.

Boots

Appropriate footwear is the single most critical item on the list. Bring a pair of sturdy and comfortable hiking boots or shoes that provide the necessary support and have been worn regularly for at least 3 weeks. Do not bring brand new boots and do not borrow boots.

Backpacks

When packing your backpack, remember to leave ¼ of the pack empty for group gear like food, tarps and cooking equipment (provided by camp).



*****Do not borrow a backpack that is uncomfortable or one that does not fit properly. Make sure the straps are well-padded and it is comfortable when it is LOADED!***

Sleeping bags should fit inside the bottom of the pack or strapped on the outside. Lighter weight items should be packed at the bottom of the pack. Heavy and bulky items that are not needed frequently (extra pair of shoes) should be placed high and close to the spine to center the weight high where it is easier to carry. Side and top pockets hold items for quick access (camera, rain gear, water bottles, sunglasses, hat).

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 things without completely unpacking.

Women have a naturally lower center of gravity, so heavier items should be shifted a little lower in the pack. We recommend that campers experiment with different load arrangements to determine what feels most comfortable.