

PACKING LIST

HOMESTEAD...SILVER SADDLE...SILVER SPRUCE...OUTPOST

This list is a guide to clothing and equipment needs at camp. Feel free to adapt it, keeping in mind that cold weather items are required for your camper's safety while on mountain expeditions. We do laundry by cabin once a week, so make sure your camper is supplied with at least a week's worth of clothing. Quantities are indicated for four-week terms and can be adapted for two-week Homestead terms. Camp is a good place to "finish off" old clothes. Campers often bring one nice outfit for the weekly camp dances. For more information on each of these items, consult the corresponding numbers in the *Additional Packing Notes* that follow.

To ensure that most of your camper's gear returns home, please send only the necessary equipment and clothing and **be sure that all items arrive clearly marked with a permanent pen or label.** Write the quantity of articles sent beside each item below and tape this list inside the footlocker or luggage.

1. _____ 3 pairs of pants/jeans 2. _____ 1 pair of warm synthetic pants* 3. _____ 4 pairs of shorts 4. _____ 6 short-sleeved shirts 5. _____ 2 long-sleeved shirts 6. _____ 1 pair of long underwear, top & bottom (synthetic)* 7. _____ 2 sweaters/fleece shirts* 8. _____ 10 pairs of socks <u>minimum</u> 9. _____ 5 pairs of wool/synthetic socks* 10. _____ 4 pairs of synthetic sock liners 11. _____ 10 pairs of underwear <u>minimum</u> 12. _____ 1 set warm pajamas/bed clothes 13. _____ 1 swimming suit 14. _____ 1 pair of sunglasses 15. _____ 1 warm jacket 16. _____ 1 windbreaker or shell 17. _____ 1 raincoat or poncho* 18. _____ 1 pair of warm gloves/mittens* 19. _____ 1 knit hat* 20. _____ 1 hat w/ visor or brim 21. _____ 2 bandannas (for trips)* 22. _____ 1 pair of <u>sturdy</u> hiking boots 23. _____ 1 pair of horseback riding boots 24. _____ 1 pair of tennis shoes 25. _____ 1 pair of water shoes	26. _____ 3 washcloths & towels 27. _____ toiletries 28. _____ 2 sets of twin sheets with pillowcases 29. _____ sunscreen, lip balm, bug repellent 30. _____ 1 laundry bag* 31. _____ 1 sleeping bag w/stuff sack* 32. _____ 1 camping backpack 33. _____ 1 insulated sleeping pad* 34. _____ plastic bowl w/lid and/or mug* 35. _____ eating utensils* 36. _____ 4 compression straps* 37. _____ 1 flashlight* 38. _____ 2 water bottles* 39. _____ daypack 40. _____ 1 large stuff sack (for trips)* OPTIONAL, but recommended: _____ inexpensive digital camera or disposable camera with film* _____ musical instrument _____ stationery/stamps _____ fun clothing and costumes, etc. _____ books/journal _____ 1 pocket knife* (Saddle, Spruce, Outpost)
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* These items may be pre-ordered on the enclosed blue **PED FORM**. By ordering ahead of time we will have the equipment marked and ready for your camper's arrival. This is a service to parents who do not want to spend time looking for these items. We buy quality items at a discount and pass the savings along. Simply indicate any of your needs on the blue **PED FORM**. Some items, such as sunscreen, lip balm, etc., are stocked for purchase during the summer as needed, but not as a pre-order. Please consult the PED form or call us with questions.

Also be aware that camping backpacks are available for campers to borrow free of charge for the summer session. We realize that most CSC campers are growing and purchasing a backpack now may not be the best financial idea. The backpacks that we have available are sufficient for your camper's expeditions. If your camper does already own a backpack, he or she should bring it to camp as it will be more comfortable, having already been fit.

ADDITIONAL PACKING NOTES

The numbered items on this sheet correspond to the numbered items on the Packing List. Boxed items are especially important – please read carefully.

REGARDING CLOTHING: It is important that your camper bring proper clothing to camp this summer—you'll need to prepare for all kinds of weather. Days can be as warm as 90 degrees and nights as cool as 40 degrees all summer long! For hiking socks and long underwear, wool or Polypropylene/Capilene garments are required instead of cotton. Synthetic materials are able to dry quickly and retain heat in the process. For your camper's safety, we will provide them with clothing appropriate for high alpine backcountry travel if they arrive without it, and we will bill you on the PED form. Please call with any questions you have.

- 1, 2, 3. **Pants and Shorts:** A few pairs of cotton pants or jeans are great for in-camp activities, but your camper must have one pair of synthetic fleece pants for hiking trips. Keep our variant climate in mind and supply sufficient amounts of both pants and shorts.
- 4, 5. **Shirts:** Again—cotton t-shirts are wonderful things, but not when they're wet. Please supply a few synthetic shirts, long- and short-sleeve, for out-of-camp expeditions.
- 6, 7. **Layers: Long Underwear & Sweaters/Fleece Shirts:** Layering is essential for chilly evenings and cold nights. COTTON = BAD, WOOL/FLEECE = GOOD. Cotton will only keep your camper warm when dry, pulling heat away from the body when wet. Sweat-dampened cotton clothing and temperatures in the 50's can lead to hypothermia! Fleece or wool pants (or other synthetic fabric) combined with the long underwear is usually enough for the bottom half. Our recommended layering combination for the top, is a base layer of polypropylene or capilene long underwear, then a fleece medium weight pullover or long sleeve shirt and then a heavy weight pullover or jacket.
- 8, 9, 10. **Socks:** Wool or heavy synthetic socks or wool/synthetic blend socks should be worn with hiking boots. Three to five pairs of these socks should be sent. Lightweight synthetic sock liners help prevent blisters in combination with wool socks, but are not essential. Cotton socks are more likely to cause blisters and will not keep the feet warm when wet, though they are sufficient for in-camp use.
11. **Underwear:** With laundry done once a week, make sure underwear is available in abundance.
12. **Pajamas:** Warm pajamas can make the difference between a great night of sleep and a not-so-great one.
13. **Swimming Suit:** A swimsuit is necessary for dips in our camp lake and water trips.
14. **Sunglasses:** Sunglasses, in combination with a visored hat, protect young eyes from the harsh sun, especially near water or snow.
- 15, 16. **Jackets:** We recommend both a warm jacket (for super cold nights) and a light windbreaker or shell to top off layered outfits.
17. **Raingear:** Rain gear is essential on every trip, even in the desert. Rain gear should be sufficient to keep the camper and backpack dry. Rain pants are not essential, but are recommended to help keep the bottom half dry. For the top half, plan on one of the following combinations:
 - rain coat, rain pants and backpack cover
 - poncho and backpack cover (a poncho also doubles nicely as a ground cloth at night)

A word on waterproof fabrics: Please avoid plastic ponchos! They do not last! Treated nylon ponchos are a bit more expensive but are much more durable than plastic. Treated fabric or rubber rain gear is excellent as a waterproof layer, but is heavy and does not “breathe” like some of the new high-tech materials, meaning it keeps more heat and moisture inside. Gore-tex and other similar fabrics are waterproof, do breathe, and in most cases will be a little lighter and more comfortable. However, for some, these benefits do not justify the high cost of these fabrics, especially for growing campers or those from dry climates.

18, 19, 20. **Hats and Gloves:** At least one warm hat and pair of gloves are needed for our out-of-camp expeditions, which can get quite chilly at night or at high elevations. Some sort of hat with a visor is also great for super-sunny days, especially near snow or water.

21. **Bandanas:** The ultimate all-purpose item—great for making a fashion statement or cleaning out your dishes after eating, though not with the same one.

22. **Hiking Boots:** Hiking boots that are broken in are essential on every trip. Look for durable boots with a lugged sole, ankle support, and footbed support. Your best bet for the growing foot is a middle-priced boot made of leather and fabric. As you are shopping, please look for a boot similar to the REI Monarch or Vasque Clarion. Although we do not endorse these specific boots, we recommend them as a guide to you and your salesperson in purchasing boots. A good salesperson should be able to equip you well if you describe what your camper will be doing in his/her boots. For Outpost campers, we recommend all leather or Gore-tex and leather boots because they are typically sturdier and more durable. They can be an option for Homestead, Spruce, and Saddle, but will be more expensive and take some time to break in. Examples of these boots include Vasque Sundowner or Asolo 520. Breaking in any boots is essential to comfort throughout your camper's term. Uncomfortable boots on the first trip may cause injuries that can last throughout the term.

HELP WIPE OUT BLISTERS – WEAR YOUR BOOTS TODAY!

Boots to avoid: The cheaper all-fabric boots simply are not sturdy enough for extended hiking. All-terrain or trail running sneakers are insufficient for the amount of hiking and backpacking campers do during the term. They will be uncomfortable and can cause injury.

23. **Riding Boots:** If your camper is planning on riding, we require boots made specifically for horseback riding with a ½" heel and smooth sole. Following recommendations from the Certified Horsemanship Association, campers will not be allowed to ride with hiking boots or rough-soled shoes. We do have an assortment of used boots at camp for camper use, free of charge.

24, 25. **Tennis & Water Shoes:** We require campers to wear closed-toed shoes around camp at all times to prevent unnecessary injuries caused by sandals. Tennis shoes that are comfortable and can get dirty are great for day-to-day camp use. We also recommend a pair of some sort of water shoes (sandals that stay on: Tevas, Chacos, Aqua Socks, etc.) for lake activities or possible water trips.

26. **Washcloths and Towels:** Keep in mind that campers will need towels for both showering and drying off by the lake—three should be plenty!

27. **Toiletries:** Pack essential toiletries—toothpaste and toothbrush, shampoo, conditioner, soap, etc. Due to our rustic setting, hairspray, makeup, and perfume aren't recommended.

28. **Sheets and Pillowcases:** Campers need to bring at least two sets of twin sheets to accommodate laundry days. We don't allow campers to sleep in their sleeping bags in their cabins in order to give sleeping bags time to air out. Wool blankets and pillows are supplied by camp, though you are welcome to bring them.

29. **Sunscreen, Lip Balm, Bug Repellent:** A good supply of sunscreen and lip balm is necessary to keep campers happy and healthy in our sunny, dry climate. Bug repellent can definitely come in handy on trips to often buggy alpine lakes.

30. **Laundry Bag:** Laundry bags are a must. They help keep cabins organized and reduce Lost and Found.

31. Sleeping Bag and Stuff Sack: Bags are an essential part of your camper's summer and must be durable, as well as easy to transport and care for. Remember that your camper will carry the bag when backpacking. We recommend a "mummy" style bag rated at 0 degrees or lower. We also recommend synthetic sleeping bags, as opposed to down. While down-filled bags tend to be lighter and pack smaller than synthetic, they will not keep your camper warm when wet. Through special purchasing, we are able to offer substantial savings on high-quality sleeping bags manufactured by reputable companies. We don't promote or sell these bags other than as a service to our camp families. If you do buy a sleeping bag, consider buying it big for the growing camper. We also have a limited supply of the above bags for rental each term. See the blue PED FORM for additional information.

32. Camping Backpack: All campers will need a full size backpack for trips. As packs are expensive and not every child needs to own one, we provide external frame packs for campers free of charge. While it is not always possible to find the perfect fit because of the wide variety in camper size, we can always set your camper up with a pack that will work well. You may want to consider purchasing a pack for your camper if he or she plans on using it in the future or you would like a custom fit. External or internal frame packs are suitable for our program. Be sure packs fit well and can hold clothing, food, and gear for 3-5 days. Most packs from reputable companies will last many years.

IMPORTANT: A desire to rent, purchase, or borrow any of the above items should be indicated on the PED FORM and should be forwarded to us as soon as possible to ensure availability.

33. Sleeping Pad: Sleeping in a bag directly on the cold ground makes for a cold, uncomfortable, and unhappy camper. Several different types of sleeping pads are available. Inflatable Therma-rest type pads are efficient and compact, though more expensive and useless when punctured. Z-Rest or Ridge-Rest type foam pads are a good mid-size, mid-level purchase. Smooth foam pads do the job inexpensively but aren't extremely durable. Choose a sleeping pad that fits your needs.

34, 35. Cookware: Campers need the bare essentials of dishware—a set of utensils and a plate and/or bowl. Choose cookware that is durable, light, and compact. We recommend a medium size plastic bowl with a lid.

36. Compression Straps: These nylon straps are necessary for strapping sleeping pads or bags onto a backpack and great to have around as a multi-use tool.

37. Flashlight or Headlamp: An excellent addition to any out-of-camp expedition and for evening in-camp activities.

39. Water Bottles: Due to our high elevation, dry climate, and frequent activity, we require our campers to constantly have a water bottle with them. Any type of durable, screw-top bottle of at least a liter in size is sufficient for camp use and backpacking. Make sure your camper has at least two bottles so that one can always be full of cool, clear mountain water.

40. Daypack: A comfortable and functional daypack is a necessity around camp to hold daily essentials, water bottle, sunscreen, lip balm, and rain gear. It is also useful for day hikes in and out of camp.

41. Large Stuff Sack: Large stuff sacks are extremely helpful when it comes to packing, organizing, and protecting clothes, food, and other items for trips.

Optional:

Pocket Knife: Two excellent additions to any out-of-camp expedition. For safety reasons, we do not allow Homesteaders to have pocketknives.

FINALLY, IF YOU HAVE ANY QUESTIONS REGARDING EQUIPMENT, EITHER OURS OR SOMETHING YOU ARE BUYING AT HOME, DON'T HESITATE TO CALL!