

Camp Kieve & Wavus Camp Suggested Clothing & Equipment List Full Sessions

A CLOTHING AND EQUIPMENT NOTE

Please consider everything on this list a **requirement** and not a suggestion. There is a ton of good and bad gear on the market. Please do not hesitate to contact us if you have any questions. **It is important to remember that layers are the key to being warm enough should the weather change.** You can always take off layers to be cooler but if you are freezing and don't have enough layers to put on you are going to be very miserable and the experience will be somewhat diminished. So layers, layers, layers!

Custom Kieve and Wavus Clothing and several other items are available online in the Kieve-Wavus Camp Store at http://www.kieve.org/camp_store.htm. In addition, other necessary Kieve & Wavus Gear (like boundary bags, sheets, sweatpants etc.) can be found on-line through a partnership we have with *Amerasport* at www.amerasport.com. Please refer to the "Helpful Clothing and Equipment Hints" memo to answer many questions and the "Where To Get It" section at the end of this memo.

Note: When ordering items and having them directly sent to camp, it is a good idea to have the company permanently mark your items with your child's name so that they might be identified and returned at the end of camp. Please remind your child that if he/she buys anything from the Camp Store, he/she **must** put their name in it. Often times it is really busy and we may forget to mention it to them.



IMPORTANT - Camper's name should be clearly marked on **every** article, using sew-on labels, iron-on labels, stamp, or indelible ink. These can be ordered from www.bellofmaine.com and please use Code 1012 as we receive a donation for every order. Please see "Hints for Marking Clothing & Equipment".



ESSENTIAL TRIP EQUIPMENT

Items listed in this section are **required** for camper health, safety and comfort while out on wilderness trips. **All campers go on overnight trips.** They **must** have the following items (one each, unless otherwise noted).

- Rainsuit** - must be waterproof, this is very important - no ponchos please
- Sleeping bag** with stuff sack - we suggest a 20- 30° F rating - goose down **not** recommended
- Sleeping pad** such as **Therm-a-Rest**
- Duffel Bag** such as waterproof "river duffel/boundary pack" w/back straps online at *Amerasport* highly recommended for campers 11 and older for canoe trips only
For younger campers, any bag to fit sleeping bag & clothes will be fine.
- Life Vest / P.F.D.** (Personal Flotation Device) - we can loan one - but your own might fit better than ours
- Backpack** - only for backpacking trips ~ we can loan one
- Day Pack** - school backpack is fine
- Flashlight or Headlamp** with extra fresh batteries
- Water bottle, Canteen, or CamelBak**
- Swimsuit**



Campers 14 & older: It's okay to bring an all-purpose tool like a Leatherman

Please be sure that all items are marked with camper name

UPPER AND LOWER BODY LAYERS

- Long underwear** - synthetic mid-weight - tops and bottoms
- Long Pants** - quick-dry or fleece (**not** blue jeans).
Unlined sports "warm-ups" or windpants work well
- Pullover Polar Fleece or zip up Jacket** or similar outer garment such as wool sweater to retain body heat
- Lighter fleece top or synthetic top** ~ for layering
- Quick Dry T-shirts (2)** - polyester, no cotton

- Quick Dry Shorts (2)** - polyester, no cotton
- Baseball Hat or Visor**
- Warm hat (polar fleece or wool)**

BOOTS AND FOOTWEAR

- Sneakers** - ones that won't fall off - if you own 2 pair, bring both
- Water shoes** for kayaking, canoeing and swimming/wading on wilderness trips; must have heel strap & closed toes
- Hiking socks (3 pairs)** wool or blended
- Sock liners (3 pairs)** - these are good for preventing blisters
- Hiking boots** - these **must** be broken-in - we suggest Cresta Hikers

*Also see supplemental Maine Trails and Wavus Fitness
Reminder memoos*

IN CAMP ITEMS

- Camp Logo T-shirts**, (2) any style. Required for Sundays (*available in the Camp Store*)
- Pajamas, warm** (1-2)
- Pajamas, lightweight** (1-2)
- 1 plain white 100% cotton t-shirt** - to tie dye
- 1 Bandana** (*available in the Camp Store*)
- Short sleeve T-shirts** (5)
- Long sleeve shirt** (2)
- Shorts** (3)
- Long pants** (2) - jeans, khakis, sweatpants, etc.
- Sweatshirt** (2) (*available in Camp Store*)
- Underwear** (6-8 pairs)
- Belt** (1)
- Socks** (5 pairs)
- 1 Laundry bag** (marked with camper name)
- 1 pillow**
- 2 blankets**
- 1 facecloth and hand towel**
- 2 sets of sheets and pillow cases** - twin or single bed size - regular length
- 3 bath/beach towels**
- Sunglasses** - with a float band



Note - Campers tend to wear the same clothes everyday, so our lists are really quite adequate.

TOILETRIES

- Toothbrush and toothpaste
- Soap
- Shampoo/ Conditioner (in unbreakable containers)
- Personal hygiene items
- Bag to keep toiletries together

OPTIONAL ITEMS

- Insect Repellent
- Sunscreen
- Chapstick or lip balm with sunscreen
- Small notebook with pen
- Summer Reading, books, etc.
- Stationery and stamps appropriate for the size of the envelope
- Pens or pencils, writing journal
- Playing cards, board games & other non-electronic games
- Tennis racquet and tennis balls
- Lacrosse stick
- Baseball/softball cap
- Baseball glove and ball
- Fishing rod and tackle
- Disposable Camera (**please mark with camper name**)
- Crazy Creek Chair (available at camp stores with parent permission)



PRESCRIPTION MEDICINE

Please bring any prescription medicine in the bottle as dispensed by the drugstore with physician directions for use.

Please do not repackage it.

CAMP STORES

"PADDLE AND THISTLE" AND "PRIDE AND PASSION"

Many items are available in our camp store. There are small items such as insect repellent, lip balm, toothbrushes, bandanas, water bottles, etc. There are also custom Wavus and Kieve t-shirts, sweatshirts, mugs, wristbands, post cards and more. We will charge purchases to your account, which is billed at the end of the camp season

EXTRA ITEMS

There are many themes used during the camp sessions. Your child may want to bring costume items that can be used for "dress up" or themed items (example: favorite animal, Christmas in July, Olympics, Pirate Day, rock 'n roll, 4th of July). These items could include crazy hats, feathery-type boas, cowboy gear, super hero items, themed t-shirt, etc. Use your imagination!

Where to Get It?

Numerous good stores sell this gear. L.L. Bean carries everything that you will need www.llbean.com. Both REI and EMS (Eastern Mountain Sports) can also supply this equipment, along with many general outdoor stores. If you prefer to try things on in a store and then order on-line, www.campmor.com, www.ems.com, www.reioutlet.com and www.sierratradingpost.com are great resources.

Amerasport also have a new retail store near suburban Boston. Just 12 minutes from Downtown Wellesley in Holliston on the Dover/Sherborn line. Call toll-free today (800) 786-9402 or (508) 429-9000 to schedule an appointment. The hours are 9am-6pm Monday - Friday and Saturdays by appointment.

By all means, bring things that you already own or borrow items from friends and family. You will also find good quality items at your local army/navy or sporting goods store if you prefer.

Please mark everything permanently, see the memo on "Hints for Marking Clothing & Equipment."

SENDING MAIL & PACKAGES TO YOUR CAMPER

MAILING ADDRESSES

When using the Post Office to deliver

Camp Kieve

Camper name & cabin
PO Box 169
Nobleboro, ME 04555

Wavus Camp for Girls

Camper name & cabin
PO Box 350
Jefferson, ME 04348

SHIPPING ADDRESSES

When using a shipping company to deliver (UPS, FedEx, DHL)

Overnight takes 2 days as we are considered rural. You should put the address inside the box or bag that you're shipping in case the outside one is torn off.

Camp Kieve

Camper name & cabin
42 Kieve Road
Nobleboro, ME 04555

Wavus Camp for Girls

Camper name & cabin
88 Wavus Point Road
Jefferson, ME 04348

IT IS VERY IMPORTANT THAT THE CAMPER NAME & CABIN NAME IS INCLUDED IN THE ADDRESS FOR ALL MAIL AND/OR SHIPPING