

Wavus Camp for Girls

Suggested Clothing & Equipment List ~ Full Session ~ 2008

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 Suse Wicks at suse@wavus.com if you have any questions.

IMPORTANT – Camper’s name should be clearly marked on **every** article, using sew-on labels or indelible ink

ESSENTIAL TRIP EQUIPMENT

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

- Rainsuit** - waterproof- very important ~ no ponchos please
- Sleeping bag** with stuff sack ~ goose down not recommended ~- (we suggest a 20- 30° F rating)
- Sleeping pad or air mattress** such as thermarest
- Duffel bag** (such as waterproof “river duffel/boundary pack” with back straps) highly recommended for girls 11 and older (for younger girls, any bag to fit sleeping bag and clothes will be fine)
- Day Pack** (school backpack is fine)
- Flashlight or Headlamp** with fresh batteries
- Water bottle or Canteen** (with or without fanny pack) (*available in the Camp Store*)
- Life Vest/P.F.D.** (Personal Flotation Device) (Wavus will loan you one if you don’t own one)
- Swimsuit**

Please be sure that all items are marked with camper name

UPPER AND LOWER BODY LAYERS

- Pants**, quick-drying (not blue jeans). Unlined sports “warm-ups” or windpants work well
- Windbreaker** (or anorak top or light jacket, good raingear will suffice)
- 2 warm layers of Polar Fleece Pullover Jacket** or similar outer garment such as wool sweater to retain body heat when wet
- Long underwear** ~ synthetic midweight – tops and bottoms
- Hat with visor** (*available in the Camp Store*)
- Warm hat (polar fleece or wool)**
- Polar fleece vest** (nice but not necessary)
- Lighter fleece top or synthetic top** ~ for layering

BOOTS AND FOOTWEAR

- Sneakers** (if you own 2 pair, bring both ~ ones that won’t fall off)
- Sandals or non-leather sneakers** for swimming/wading on wilderness trips (close-toed such as sneakers are safer but most kids wear sandals)
- Hiking socks** wool or blended (2 pair)
- Hiking boots** (1 pair) of good quality, broken-in hiking boots

Please be sure that all items are marked with camper name

ADDITIONAL ITEMS

- Wavus T-shirts**, (2 shirts) any style. Required for Sundays (*available in the Camp Store*)
- 1 plain white t-shirt** (to tie dye)
- Bandana** (*available in the Camp Store*)
- Short sleeve T-shirts (5)**
- Long sleeve shirt (2)**
- Shorts (3)**
- Long pants (2)** (jeans, khakis, Carhartt’s, sweatpants, etc.)
- Sweatshirt** (*available in Camp Store*)
- Baseball Hat/Visor** (*available in the Camp Store*)
- Underwear (6-8 pair)**

- Socks (7 pair)**
- 1 laundry bag marked with camper name**
- 1 pillow**
- 2 blankets**
- 2 sets facecloth and hand towels**
- 2 sets of sheets and pillow cases** (twin or single bed size)
- 3 bath/beach towels**
- Sunglasses with a float band**

Please be sure that all items are marked with camper name

TOILETRIES

- Toothbrush and toothpaste
- Soap and shampoo (in unbreakable containers)
- Personal hygiene items
- Insect Repellent
- Sunscreen
- Chapstick or lip balm with sunscreen

OPTIONAL ITEMS

- Small notebook with pen
- Good book, magazines, etc.
- Stationery and stamps appropriate for the size of the envelope
- Pens or pencils, writing journal (*available in Camp Store*)
- Playing cards, chess, checkers or backgammon set (or other non-electronic games)
- Tennis racquet and tennis balls
- Lacrosse stick
- Baseball glove and baseball cap
- Fishing rod and tackle
- Camera with extra film

Please be sure that all items are marked with camper name

EXTRA ITEMS

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

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 STORE ~ "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 t-shirts, sweatshirts, mugs, wristbands, journals, post cards and more. We will charge purchases to your account, which is billed at the end of the camp season

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 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.reioutlet.com, and www.sierratradingpost.com are great resources.

By all means, bring things you already own or shop at a local army/navy or sporting goods store if you prefer.

Note: When ordering from the catalogs and having them directly sent to camp, it is a good idea have them permanently mark your items with your daughter's name so that they might be identified and returned at the end of camp.

The shipping address is Wavus Camp for Girls, Attn: (camper name), 88 Wavus Point Road, Jefferson, ME 04348.

The mailing address is Wavus Camp for Girls, Attn: (camper name), PO Box 350, Jefferson, ME 04348.

It is very important that the camper name is included in the address for all mail and/or shipping