



KieveWavus



WAVUS CAMP FOR GIRLS

Clothing & Equipment List- First and Second Full Session

Equipment Required For All Wilderness Trips

(IMPORTANT – Please mark all clothing items, shoes and accessories with your camper's name)

Items listed in this section are **required** for your daughter's health, safety and comfort while out on wilderness trips.

All girls at Wavus go on overnight trips. They **must** have one of each of the following items, unless otherwise noted.

- Rain Jacket and Pants** – both of these are very important. If you have older gear then you can buy a waterproof spray to recondition these garments and make them more waterproof.
- Sleeping bag** - w/ stuff bag. Goose down not recommended. We suggest a 20-30 degree rating. Remember this has to fit in your backpack or boundary bag. You will be required to carry it, so think small.
- Sleeping pad** - such as Therm-a-Rest (particularly for longer trips girls 11 & up).
- Waterproof “River Duffel/Boundary Pack”** with back straps (online at either *Amerasport*, *REI* or *LL Bean*). 70L or 70HD is the best size for our trips. These are a requirement for all campers.
- Day Pack** - school backpack is fine.
- Life Vest / P.F.D.** Wavus can loan you one if you don't own one.
- Headlamp** - with extra fresh batteries (preferred over flashlights).
- 2 Water Bottles** - (available in the Camp Store) or a “**CamelBak**” type backpack.
- 2 Swimsuits**
- Long Underwear** - synthetic mid-weight top & bottom. Capilene works well as it dries quick & is lightweight.
- Long Pants** - quick dry (not jeans or cotton track pants). Unlined sports “warm-ups” or wind pants work well.
- Two warm layers like a polar fleece pullover or jacket** – these need to be quick dry, no cotton!!
- Lighter fleece top or synthetic top** - for layering. There are Wavus brand tops in the camp store.
- Quick Dry T-shirts (2)** – polyester, no cotton. Also available in the camp store.
- Quick Dry Shorts (2)** – polyester, no cotton.
- Sneakers** - sturdy and athletic with good tread. If you own 2 pairs, bring both.
- Water shoes** - for kayaking, canoeing & swimming/wading on trips. Must have heel strap, close-toed are safer. Brands such as Keens, Texas, Chocos, etc. all make good quality shoes. Crocs are no good on wilderness trips.
- Hiking socks (3 pairs)** - wool or blended.
- Sock liners (3 pairs)** - good for preventing blisters.
- Baseball Hat or Visor** - available in the Camp Store.
- Warm hat** - polar fleece or wool.

Maine Trails only: 1 pair of good quality, broken-in hiking boots. **We suggest LL Bean Cresta Hikers.** More information is available on the supplemental Maine Trails memo.



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Other Suggested Articles For In-Camp

- Wavus T-Shirts (2 Shirts)** any style. Required for Sundays, and popular every other day of the week at camp. Although other Wavus clothing is not required, there's lots of nice stuff available online at www.Amerisport.com. Girls can also purchase items when they get to camp at our Camp Store.
- Pajamas** - a lightweight set and a warm set is ideal for the Maine temperature changes.
- 1 plain white 100% cotton t-shirt** - to tie-dye at some stage during camp.
- 1 bandana** – available from the camp store.
- 5 short sleeve T-shirts**
- 2 long sleeve shirts**
- 1 polar fleece vest** – nice for the cooler evenings, but not necessary.
- 3 pairs shorts**
- 1 pair long pants** - jeans, khakis, sweatpants, etc.
- 2 sweatshirts**
- 6-8 pairs underwear**
- 5 pairs athletic socks**
- 1 windbreaker**- or anorak top or light jacket; good raingear will suffice.
- 1 belt**
- 1 pillow**
- 2 blankets**
- 2 sets of sheets and pillow cases** - twin or single bed size – regular length
- 1 facecloth and hand towel**
- 2 bath/beach towels**
- Sunglasses** - with a float band
- Bag to keep toiletries together**
- Toothbrush and toothpaste, soap, shampoo/conditioner, hairbrush/comb**
- Other personal hygiene items**
- Prescription medicine in original bottle** (please do not repackage it)
- Insect Repellent**
- Sunscreen**
- Chapstick or lip balm with sunscreen**
- Stationery and stamps appropriate for the size of the envelope** (pre-addressed & stamped is helpful)
- Summer reading, books, etc.**
- Small notebook or journal with pen/pencils**
- Playing cards, board games & other non-electronic games**
- Tennis racquet & tennis balls, Baseball/Softball glove & ball, Lacrosse stick, Fishing rod & tackle**
- Disposable or Digital Camera** – please be sure to label these.
- Crazy Creek Chair** - available at camp store with parent permission.
- Girls 14 & older** - It's okay to bring an all-purpose tool like a Leatherman.



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Note – Campers tend to wear the same clothes every day, so our lists are really quite adequate.

Costume Accessories

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!

KieveWavus Camp Store

Many items are available in our camp store, which is located during the camp season on campus. There are small items such as insect repellent, lip balm, toothbrushes, bandanas, water bottles, etc. There are also custom KieveWavus T-shirts, sweatshirts, wristbands, postcards and more. We will charge purchases to your account, which is billed at the end of the camp season. You can make orders before camp by contacting the camp office on 207 563-5172.

We also have an online store where you can order Custom KieveWavus Clothing and several other items. http://www.kieve.org/camp_store.htm . Please refer to the “Helpful Clothing and Equipment Hints” memo online to answer many questions.

Camper’s name should be clearly marked on every article, using sew-on labels, iron-on labels, stamp, or indelible ink

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 has a 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.

If you have hunted the stores high and low and have asked around your friends and family and you are still having no luck finding what you need, then please call us on 207-549-5719. We have a small collection of donated clothing from past staff and campers that we can lend out. Alternatively, if you have any clothing or footwear suitable for the outdoors that your child or family member no longer fits into, please consider donating it to the Wilderness Tripping department for other campers to use.

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 daughter’s name so that they might be identified and returned at the end of camp.



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SENDING MAIL & PACKAGES TO YOUR CAMPER

MAILING ADDRESSES

When using the U.S. Postal Service

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.

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**