



## Wavus Camp Suggested Clothing & Equipment List Introductory/Junior 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 (207-549-5719). **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 Wavus Clothing and several other items are available online in the KieveWavus Camp Store at [http://www.kieve.org/camp\\_store.htm](http://www.kieve.org/camp_store.htm). In addition, other necessary Wavus Gear (like sheets, sweatpants etc.) can be found on-line through a partnership we have with *Amerasport* at [www.amerasport.com](http://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 she buys anything from the Camp Store, she **must** put her name in/on 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](http://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 introductory/junior campers go on one overnight trip.** 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
- Duffel Bag** or any bag to fit both 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
- Day Pack** - school backpack is fine
- Headlamp** with extra fresh batteries
- Water bottle** or CamelBak
- Swimsuit**

#### 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 wind pants work well
- Pullover Polar Fleece or zip up jacket** or similar outer garment such as wool sweater to retain body heat
- Windbreaker (1)**
- Lighter fleece top or synthetic top** ~ for layering

#### 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 trip; must have heel strap & closed toes
- Athletic socks (2 pairs)**
- Baseball Hat or Visor** (*available in the Camp Store*)
- Warm hat** (polar fleece or wool)

*Please be sure that all items are marked with camper name*

## IN CAMP ITEMS

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|--|---|
| <input type="checkbox"/> <b>Camp Logo T-shirt, (1)</b> any style. <u>Required</u> for Sundays ( <i>available in the Camp Store</i> ) | <input type="checkbox"/> <b>Belt (1)</b>  |
| <input type="checkbox"/> <b>Pajamas, warm (1)</b>  | <input type="checkbox"/> <b>Socks (5 pairs)</b>   |
| <input type="checkbox"/> <b>Pajamas, lightweight (1)</b>   | <input type="checkbox"/> <b>1 pillow</b>  |
| <input type="checkbox"/> <b>1 plain white 100% cotton t-shirt</b> - to tie dye   | <input type="checkbox"/> <b>1 blanket</b>   |
| <input type="checkbox"/> <b>1 Bandana</b> ( <i>available in the Camp Store</i> )   | <input type="checkbox"/> <b>1 facecloth and hand towel</b>  |
| <input type="checkbox"/> <b>Short sleeve T-shirts (2)</b>  | <input type="checkbox"/> <b>1 set of sheets and pillow cases</b> - twin or single bed size – regular length |
| <input type="checkbox"/> <b>Long sleeve shirt (1)</b> – keeps bugs away  | <input type="checkbox"/> <b>2 bath/beach towels</b>   |
| <input type="checkbox"/> <b>Shorts (2)</b>   | <input type="checkbox"/> <b>Sunglasses</b> - with a float band  |
| <input type="checkbox"/> <b>Long pants (1)</b> - jeans, khakis, sweatpants, etc.   |   |
| <input type="checkbox"/> <b>Sweatshirt (1)</b> ( <i>available in Camp Store</i> )  |   |
| <input type="checkbox"/> <b>Underwear (5 pairs)</b>  |   |
| <input type="checkbox"/> <b>Windbreaker</b> (or anorak top or light jacket; good raingear will suffice)                              |   |

**Laundry bags are provided for each camper by Wavus Camp**

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

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### TOILETRIES & OTHER ITEMS

- Bag to keep toiletries together
- Toothbrush and toothpaste
- Soap
- Shampoo/ Conditioner (in unbreakable containers)
- Hairbrush & comb
- Other personal hygiene items
- Insect Repellent
- Sunscreen
- Chapstick or lip balm with sunscreen
- Stationery and stamps appropriate for the size of the envelope (*pre-addressed & stamped is helpful*)
- Pens or pencils
- Summer Reading, books, etc.

### OPTIONAL ITEMS

- Small notebook
- Writing journal
- Playing cards, board games & other non-electronic games
- Tennis racquet and tennis balls
- Lacrosse stick
- Baseball glove and ball
- Fishing rod and tackle
- Disposable or Digital Camera  
**(must be marked with camper name)**
- Crazy Creek Chair (available at camp store with parent permission)
- Mid-weight hiking boots** and/or ankle-supporting sneakers
- Costumes** (see Costume Accessories description on right)

### 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, wristbands, post cards and more. We will charge purchases to your account, which is billed at the end of the camp season.

### 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, 4<sup>th</sup> of July). These items could include crazy hats, feathery-type boas, cowboy gear, super hero items, themed t-shirt, etc. Use your imagination!

Place your orders SOON!

Have all companies mark you daughter’s name on everything you order.

## Where to Get It?

Numerous good stores sell this gear. L.L. Bean carries everything that you will need [www.llbean.com](http://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](http://www.campmor.com), [www.ems.com](http://www.ems.com), [www.reioutlet.com](http://www.reioutlet.com) and [www.sierratradingspost.com](http://www.sierratradingspost.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.

New this year! grUVywear specializes in fashionable, fun, [UV protective shirts](#) that offer a UPF of 50+, blocking over 97.5% of the sun's harmful rays. Check out our KieveWavus camp store for more information and a link.

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."

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## SENDING MAIL & PACKAGES TO YOUR CAMPER

### MAILING ADDRESSES

When using the Post Office to deliver

#### 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**