

Camper Gear Checklists

The first step to a great time outdoors is to be prepared. For all campers, no matter which program or time of year, we suggest coming prepared with the following: - extra layers/change of clothes (Avoid cotton! Wool, or, in summer, moisture-wicking fabrics highly recommended)

- healthy snacks (trail mix, granola, PB&J)
- 1 liter of water
- basic first aid kit (we have plenty, but habits are easy to make and hard to break)
- headlamp/flashlight
- medical card (listing any allergies or medical conditions, emergency contact info including personal care physician)

Residential Campers (canoeing & climbing)

- all of the above
- pocket knife (age appropriate)
- lighter/matches (age appropriate)
- compass
- mess kit (spoon/fork/spork and bowl)
- sleeping pad and bag
- camp shoes (sneakers, closed-toe water sandals, or extra boots)
- pencil and journal/good book

Depending on the program, food may or may not be provided, and some gear listed above may be available (supplies limited) on loan.

Contact Maria or call 802.723.6551 *115 with any questions or concerns.

Don't forget to bring lots of energy and a positive attitude!