Green Cove Packing List

Clothes & Necessities
___1 pillow
___2 pillowcases
___5 quick-dry towels
___5 wash cloths
___1 large laundry bag
___1 small mesh bag for small personal items
___3 p.j.’s
___3-5 bathing suits
___3-4 long pants (at least 1 denim)
___7-10 short sleeved shirts
___3-4 tank tops
___2 long sleeved shirts
___2 light sweatshirts
___1 fleece jacket or pull-over
___12-14 pairs underwear
___8-10 shorts (quick dry/athletic)
___7-10 pairs socks (may want some long)
___Sunscreen *
___Toiletries (toothbrush, toothpaste, shampoo, deodorant, liquid body soap, hairbrush, nail clippers, hair ties *)
___Casual sun dress or nicer outfit or co-eds & final banquet

Shoes
___1 pair everyday shoes (Chacos, Crocs, Tevas, or similar; NOT flip flops)
___Tennis shoes (for tennis and everyday use)
___A closed toe shoe that can get wet and muddy
___Sturdy hiking boot or shoe
___Shower shoe (i.e. flip flops or croc’s)

Miscellaneous Activity Gear:
___Riding shoes**
___Riding Helmet**
___Tennis racquet
___Wristwatch

Essential Camping Gear

The “Camping Out – Gear for Safe Summer Hiking” document has details on gear for hiking and camping. This is quick reference checklist for your convenience.
___Daypack (for day trips, not a drawstring)
___Frame backpack ***
___Shelter (Tent or Tarp, important if your camper intend to spend a lot of time out of camp)
___Rain gear
___Poly-propylene long underwear
___Long Socks (wool or wool blend)
___Light jacket
___Sleeping bag & stuff sac
___Sleeping pad *
___Warm hat (wool or fleece)
___2-3 water bottles *
___Cup, bowl, spoon for camping *
___Bandanas *
___Bug repellant *
___Flashlight * (headlamps with red light setting are great)

Optional Items
___Small comfort item (stuffed animal, etc.)
___Washable light blanket or quilt (camp provides sheets and blankets)
___Small pictures from home (& blue ticky tack* to hang on wall)
___Crazy Creek Chair (or similar style)
___Egg crate mattress pad (some older camper like these)
___Camera (inexpensive or disposable cameras *)
___Books (e-readers are fine if they do not have Wi-Fi and/or 3G/4G connectivity capabilities)
___Extra batteries * (for flashlight)

* May be purchased in camp store. We carry a small selection of relatively inexpensive but adequate gear.

** Riding equipment – Shoes (tie shoe with low heel, ¾”, rubber or paddock boots, or gum shoe from L. L. Bean. Helmet is essential if your camper wants to ride more then 1 day per week.

***May be rented from us depending on availability.

Please clearly label all items.

A word to the wise
All of us tend to pack too much. “Less” is easier to keep up with and care for. An “outfit” for every activity is not necessary!

Shop at Amazon Smile and the camp scholarship fund benefits! Have you heard about the Frank and Calla Bell Scholarship Fund? The mission of the fund is to provide financial support for children to attend camp that otherwise would not be able to. A very easy way for you to support the fund is to shop at www.AmazonSmile.com and enter The Frank and Calla Bell Scholarship Fund as the agency you are supporting. It does not cost you anything extra.
Some summers are dry, some are wet; the weather gods are fickle. The canoeists love the rain (brings the rivers up!); the rock climbers like it dry. When a trip goes out for three or four or five days, they never know what the weather is going to do... and that’s part of the fun of it. Adversity is a great teacher, and it can be a wonderful, growing experience to overcome difficulties and accomplish your goals in spite of the weather or other obstacles. It’s not a lot of fun, though, if you’re not well prepared, that can make it miserable, and in fact, dangerous.

A principal factor affecting the success of a trip taken in adverse conditions is equipment. The trick is knowing what to bring, without overloading yourself and spending a fortune. IF YOUR CHILD WANTS TO DO ANY MORE THAN SIMPLE, OVERNIGHT CAMPING TRIPS ON OUR OWN PROPERTY, HE SHOULD BE PROPERLY EQUIPPED. We will not allow a camper to go on a trip dangerously unprepared. Even overnight trips can be uncomfortable without good basic equipment.

We are sharing the names of several good sources for gear on the following page. Three of them, Diamond Brand, REI and Sunri...
SOCKS. Cotton athletic socks are satisfactory for overnight trips, but combination wool/synthetic socks are much better for longer trips and/or serious backpacking. These socks provide cushioning and warmth even when wet from rain or perspiration (remember about cotton fibers becoming more compacted when wet). Clean socks for each day are important!

SLEEPING BAG. Synthetic is key. Get a mid-cost bag ($100) with a nylon shell and some form of polyester filling. A “mummy” or barrel-shaped bag is lighter, more compact when stuffed, and warmer per pound than a rectangular-shaped one; by clinging closer to the body, it reduces air circulation that causes convective heat loss. A 45-degree temperature rating is quite adequate. A 20-degree bag is warmer but heavier, and not needed. It is important to have a stuff sack for your sleeping bag. We teach campers to put a trash bag inside the stuff sack then stuff the sleeping bag into that for a dry night.

SLEEPING PAD.* This is not a luxury item. It is certainly much softer than the ground, but mainly it is an insulator. Even in the summer, the ground absorbs body heat like a sponge. Self-inflating pads are great but don’t get a heavy one. We sell inexpensive blue foam pads in our camp store.

SHELTER. Tents offer great protection from the weather and are a comfortable home away from home. Two-man tents work best for camp as we try to get campers to share tents, thereby reducing weight and campsite size. REI makes a great tent for the money. Tents do require all of the various parts to be kept track of. Be sure the seams are sealed before bringing it to camp. Tarps* are simpler and every effective, if set up correctly. We sell tarps, rope, and stakes in the camp store. If you think your camper will spend plenty of time in the woods, a tent is a good investment. If he is coming for a very short session or not interested in camping, we can find a partner for him to share a tent with. If he decides to do more he can purchase a tarp from the store.

FLASHLIGHT*. Handy in normal conditions and indispensible in critical ones. Best is a small headlamp that works on AA or AAA batteries. Small handheld flashlights are good too. Bring spare batteries.

EATING UTENSILS*. Aka cup, bowl and spoon. Even a pancake can be eaten out of a bowl with a spoon. Bring a lightweight, cheap, plastic cereal-sized bowl*, a hard plastic cup* or mug, and a heavy duty plastic spoon*. Avoid aluminum, and small, thin plastic cups. An insulated cup is the very best, of course, but is not really necessary in the summer. We have excellent utensils for purchase in the camp store.

WATER BOTTLES*. We want every camper to have two water bottles. Wide mouth water bottles work best. Aluminum is fine or durable plastic like Nalgene is good. Camelbacks have their place, but get grungy and are hard to clean.

PHARMACEUTICALS. We will carry First Aid kits, but there are a few things you should have of your own. Pain from lips badly chapped by sun and wind is easily prevented by Chapstick*. Severe sunburn can be extremely uncomfortable; bring sunscreen* with a high SPF factor. Waterproof sunscreen is especially good. Bug bites are itchy and susceptible to infection, so bring insect repellent*.

BACKPACK. A good backpack should be roomy, sturdy, have a frame either external or internal, and a hip belt. Because good ones are expensive (at least $90), we do rent them at camp. If you have one that fits, bring it; otherwise rent one from camp, but make arrangements for this BEFORE your camper arrives.

MISCELLANEOUS. Extra cord* (about 3/16”) is needed for stringing traps. Bandannas are handy. A small pocket knife is a useful tool. See our policy note on knives in the Camp Policies document. Please DO NOT send knives longer than a pocket knife. We do not plan to skin any deer, and big, long knives can be dangerous.

It’s better to put some thought into buying the right gear the first time. Everything except the clothing will last for years of camping.

Online and Local Retailers:

LL Bean
www.llbean.com
1-800-441-5713

Sierra Trading Post
www.sierra.com
1-800-713-4534

REI
www.rei.com
1-800-426-4840
31 Schenck Parkway
Asheville NC 28803
828-687-0918

Diamond Brand
www.diamondbrandoutdoors.com
Downtown Asheville
53 Biltmore Avenue
Asheville NC 28801
828-771-4761

Sunrift Adventures
1 Center Street
Travelers Rest SC 29690
www.sunrift.com