

GREEN COVE PACKING LIST

CLOTHES (Laundry is done once a week.)

- _____ 1 pillow
- _____ 2 pillow cases
- _____ 5 bath towels (no more than one Beach Towel)
- _____ 5 wash cloths
- _____ 1 large laundry bag, plus a small mesh bag* for small items
- _____ 3 p.j.'s
- _____ 3-5 bathing suits
- _____ 3-4 long pants (at least one 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 underpants (extras needed for multiple outfit changing per day)
- _____ 8-10 shorts (quick drying, athletic shorts)
- _____ 7-10 pairs of socks (may want some long)
- _____ toiletries: (toothpaste, toothbrush, shampoo, deodorant, liquid bodywash or hairbrush) *
- _____ Casual/comfortable sun dress or nicer outfit for final banquet or co-eds

SHOES 1 pair each:

- _____ comfortable, everyday shoes (not flipflops; Chacos, Crocs, Tevas or similar style)
- _____ tennis shoes (for tennis and around camp fun)
- _____ tennis shoes (**old pair** that can get wet and muddy)
- _____ sturdy hiking boots or shoes
- _____ 1 pair of flip flops (**for use in shower**)

ESSENTIAL CAMPING GEAR

- _____ pack & frame/backpack (you may have rented one from us)
- _____ raingear/poncho
- _____ poly fleece pullover/jacket
- _____ light jacket or windbreaker
- _____ sleeping bag (nylon Shell/polyester filling)
- _____ stuff sack (large for sleeping bag)*
- _____ sleeping pad*
- _____ cap or hat (wool or fleece)
- _____ 2-3 water bottles (for camping)*
- _____ eating utensils (spoon, bowl, cup for camping)*
- _____ bug repellent*
- _____ sun screen*
- _____ bandanas*
- _____ 2 flashlights* (or head lamp)

MISC. ESSENTIAL ITEMS

- _____ tennis racquet & balls (essential if you plan to play tennis during free time)
- _____ riding shoes (tie shoe w/low heel (3/4"), rubber or paddock boots, or the gum shoe from L.L. Bean - women's sizes only). NOT tennis shoes
- _____ riding helmet (**essential** if camper wants to ride more than one time a week)
- _____ poly-propylene long underwear (important for those who want a lot of camping out)
- _____ thick socks (wool or wool blend - important for those who want to go on longer camping trips)
- _____ wrist watch (inexpensive and waterproof)
- _____ nail clippers (toe-nail size suggested)

OPTIONAL ITEMS (*Truly non-essential! These items are simply 'nice to have' according to some of our 'old pro' Main Campers.*)

- _____ tent (recommended if she plans to do a lot of camping and is ready to handle its maintenance)
- _____ small - medium sized stuffed animal
- _____ washable light blanket or quilt
- _____ small pictures from home (& blue tacky tack* for anything that goes on the wall)
- _____ Crazy Creek Chair (or similar style)
- _____ eggcrate mattress pad (some older campers like these)
- _____ disposable cameras*
- _____ reading material- *books only!*
- _____ extra hair ties*
- _____ extra batteries* for flashlight
- _____ stamps* and stationary* (Pre-address if your camper is younger)

* May be purchased in camp store.

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 doesn't cost you anything extra.

CAMPINGOUT



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; it can be miserable, in fact, and even 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 Sunrift, are near us, and are worth a stop if you're driving to camp; they can fit the boots, etc.

GEAR FOR SAFE SUMMER HIKING

*Items with an asterisk may be purchased in the camp store.

Weather is a very serious thing when you can't get away from it... especially in the mountains. It can be sunny and warm one hour and wet, windy and cold the next, even in mid-summer. That's why hypothermia occurs most often in warm seasons; people forget how changeable mountain weather can be, and go unprepared. It can rain a lot in the mountains, and that usually makes it cold.

Unprepared groups can have to be evacuated, even if only one member is affected. Two factors are important: *having good gear*, and *knowing how to use it*. If you'll take care of the first, we'll take care of the second.

LAYERING. The key principle for staying comfortable in the outdoors is to wear several lightweight layers instead of one heavy layer. Get dressed each day starting with what will be comfortable in the hottest part of the day and when you are active. Start with a lightweight synthetic shirt and shorts or pants. Then add a medium weight long-sleeved shirt. Add a warm fleece jacket, warm hat, and a rain jacket and you are ready for anything.

CLOTHING and INSULATION. When camping, one or two cotton shirts are okay, but most of your clothing should be synthetic and quick drying. Nylon, like Under Armour, dries quickly but does not have much insulation value. Capilene or the equivalent is better. Long underwear top and bottoms are great, even in the summer. A mid-weight half-zip shirt is also nice. A short-sleeve capilene shirt is nice but not absolutely needed. A fleece (not cotton – see sidebar) jacket is a must. We sell them in the camp store for around \$35. A pair of nylon or quick-drying, loose fitting pants are very good to have. Quick-drying nylon shorts are also great for hiking because they can dry even while they are being worn. A warm hat is good too; more heat is lost from the head than any other part of the body. Camping can be hard on clothes and equipment; don't expect everything to come back from camp like you sent it.

RAINGEAR. A lightweight, waterproof **nylon rain jacket** is best (much more durable than plastic). All clothing, especially when wet, is warmer under a windproof outer layer, and anything waterproof is windproof too. Gortex (and similar material) is waterproof yet

allows ventilation; it is excellent but expensive. It may be worth the cost if you plan to spend a lot of time camping out. Rain pants are not used often, but are great when needed... consider them if you plan a lot of backpacking.

FOOTWEAR. The important factors here are overall comfort, protection against bruising the soles of the feet, and protection against twisting and spraining the ankles. Because bruises and sprains are much less frequent than blisters, which can be just as incapacitating, a comfortable pair of good **tennis or running shoes** will suffice for most overnights and some three-day trips. Boots provide better protection, but are likely to be less comfortable until well broken in. If you do get boots, don't get stiff leather ones; get soft leather, or a combination leather and nylon summer boot, which is more flexible and cooler. Finally, have some extra **creek shoes** (old tennis or running shoes which you don't mind getting muddy and wet), or sturdy sandals like Tevas or Chacos you can wear for crossing or swimming in rocky streams; it is hard to carry a pack out of the backcountry with feet cup up by sharp rocks or broken glass.

Cotton is a poor insulator when wet, because the fibers become much more compacted than those in wool or artificial fabrics. When wet, it is heavy and dries very slowly. Cotton jeans are especially bad; besides being non-insulative, slow to dry and heavy when wet, the close fit of jeans may make them hard to hike in and colder (by restricting blood flow). Artificial fibers like polyester insulate best, dry fastest, are lightest and most durable. Second best is wool; garments of it can often be purchased at thrift stores.

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. Kelty 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. 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 indispensable in critical ones. Best is a small headlamp that works on AA or AAA batteries. Small handheld flashlights are good too. Bring spare batteries and a spare bulb too.

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

Campmor

www.campmore.com

1-800-525-4784

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

1-864-834-3019

