

# MONDAMIN CHECKLIST

## Clothing:

- 10 pair underwear
- 2 pair pants (loose fit for riding, hiking, etc.)
- 3 or 4 swimsuits
- 2 pair pajamas (or other sleepwear)
- 5 pair shorts
- 8 pair socks
- 7 t-shirts (1-2 synthetic)<sup>1,2</sup>
- 1 non-cotton sweater or jacket (mid-weight)<sup>1,2</sup>
- 1 cap or hat<sup>1</sup>
- 1-2 pair hiking socks (Smartwool style)
- 2 shirts for coeds (polo or button)

## Linens:

- 5 towels
- 1 pillow
- 2 pillowcases
- 2 laundry bags

***Laundry is done weekly!***

***Label all clothing/linens/gear with camper's name!***

## Toiletries

- Toothbrush
- Toothpaste
- Shampoo
- Soap
- Sunscreen
- Deodorant (if needed, NOT spray deodorant)

## Shoes:

- 1 pair tennis shoes
- 1 pair boots or sturdier shoes for hiking
- 1 pair "creek shoes" (old sneakers you don't mind getting wet and muddy, Astrals/Keens, or Tevas/Chacos). Crocs or flip flops are not adequate for this purpose.

## Miscellaneous:

Stationery and stamps<sup>1</sup> (pre-addressed recommended for younger campers)

## Camping gear:

*The following section "Camping Out" has more details on gear for hiking and camping. Below is a quick reference checklist for your convenience.*

- Backpack<sup>4</sup>
- Rain jacket or poncho
- Sleeping bag with stuff sack
- Sleeping pad (foam<sup>1</sup> or inflatable)
- Headlamp
- Eating utensils (cup, spoon, and bowl)<sup>1</sup>
- 2 water bottles<sup>1</sup>

## Optional Items:

*Non-essential! Some campers like to have these items, particularly if they are heavily invested in a single activity. Please remember our "No Package Policy", so if you're considering these for your camper, send them with him!*

- Tent<sup>5</sup>
- Compact camping chair (e.g. Crazy Creek)
- Camp shoes (e.g. Crocs/flip flops)
- Sunglasses (inexpensive)
- Reading material (physical books preferred, see Unplugged policy below)
- Watch (NOT smartwatch)
- Synthetic bottoms<sup>2</sup>
- Athletic or musical equipment
- Bug repellent<sup>1</sup>
- Bag/tote for carrying toiletries
- Riding helmet<sup>3</sup> (for serious riders)
- Tennis racquet and balls (for serious players)

- 1 May be purchased in the camp store.
- 2 Synthetic (polyester/nylon/etc.) or wool for quick drying and heat retention while wet
- 3 Optional but suggested if riding is a primary interest. We have loaners.
- 4 May be rented depending on availability. If your camper needs one and you didn't request this on the Camper Application, contact the camp office.
- 5 If your son wants to do a lot of camping, a basic two-person tent (from Kelty or similar) is a great investment at around \$100-\$150. If this is your son's first summer at camp and you don't wish to purchase one, we can pair him up with a camper who did bring one and is willing to share.

# CAMPING OUT

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. REI and Sunrift are near us, and are worth a stop if you're driving to camp; they can fit the boots, etc.

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## 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.

**BACKPACK.** A good backpack should be roomy, sturdy, have a frame (external or internal), and a padded hip belt. Because good ones are expensive (at least \$90), we do rent them at camp. If you have one that fits or wish to invest in one, bring it; otherwise rent one from camp via your camper application BEFORE your camper arrives.

**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 or poncho** 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-person 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: groundsheet, rain fly, poles, stakes. Be sure the seams are sealed before bringing it to camp. We sell 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.

**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\***.

**MISCELLANEOUS.** **Bandannas** are handy. A small pocketknife is a useful tool. See our policy note on knives in the Camp Policies document. Please DO NOT send knives longer than a pocketknife. 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](http://www.llbean.com)

**Backcountry**

[www.backcountry.com](http://www.backcountry.com)

**Campmor**

[www.campmor.com](http://www.campmor.com)

**REI**

[www.rei.com](http://www.rei.com)

31 Schenck Parkway  
Asheville NC 28803  
828-687-0918

**Sunrift Adventures**

[www.sunrift.com](http://www.sunrift.com)

1 Center Street  
Travelers Rest SC 29690  
[www.sunrift.com](http://www.sunrift.com)  
1-864-834-3019

## Getting "Unplugged" Policy

Children need, now more than ever, to be "unplugged" for periods of time and what better place than camp to do that!

To that end, NO cellular or Wi-Fi-capable devices are allowed at camp.

We enjoy having music and books here at camp. We have always allowed tape and CD players for rest hour use (with headphones). However, as technology changes, so does the way we carry our music and how we read our books.

### **What is allowed:**

- MP3 players that do not have any cell or Wi-Fi capability such as the old classic iPods
- CD/radio players
- Real books or one of the very old e-readers that do not connect to Wi-Fi (check your closet!)

### **What is NOT allowed:**

- Any type of phone, smartphone or texting device
- Any laptop, iPad, music player, or e-reader with Wi-Fi