

WHAT TO BRING to BACKCOUNTRY ECOLOGICAL EXPEDITION I

- Campers will be outside most of the time and should bring rugged clothes that can get dirty.
- Please label items with child's name.

Items needed while in front-country *AROUND TREMONT CAMPUS*. (Monday, Friday and Saturday *ONLY*. Items not needed in the backcountry can be left on campus.)

- Washcloth and two towels – one for bath and one for swimming
 - Soap
 - Toothbrush and toothpaste
 - Change of clothes for return to Tremont at the end of the week, including a pair of socks and undergarments
 - Comfortable tennis shoes while in dorm and/or platform tents
 - Pajamas or sleepwear for nights in dorm and/or platform tents
 - Pillow for use in dorm and/or platform tents
 - Garbage bag for laundry and wet clothes at end of camp
- Optional items: reading material, slippers for dorm, additional toiletries

Items needed *DURING BACKCOUNTRY TRIP*
(Tuesday, Wednesday, Thursday, Friday)

- Swimsuit
- Three T-shirts
- Two pairs of shorts – no jeans
- One long-sleeve fleece or synthetic blend pullover (no cotton sweatshirts)
- One pair of long pants – no jeans
- Two or three pairs of thin synthetic liner socks

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- Two or three pairs of outer wool socks (no cotton socks while hiking!) – We won't be hiking long distances, but these socks are still useful.
- Undergarments for each day
- Bandana
- One pair comfortable hiking shoes or boots – must *already* be broken-in! (No work boots or steel-toed boots!)
- One pair old tennis shoes for swimming & crossing streams (*NOTE: open-toed sandals and flip-flops will not be allowed for use at campsite or swimming!*)
- Gallon-size ziploc bags – for keeping clothes and gear dry on the canoe
- WATERPROOF RAINGEAR A MUST!!** We recommend a sturdy jacket and pants – not thin plastic material as thin as a garbage bag.
- Sunscreen – preferably fragrance free
- Hat (wide-brimmed or baseball cap for sun protection)
- Small flashlight with extra batteries – a headlamp is preferable
- Two water bottles with secure lids – each water bottle should carry at least 32 ounces of water. Nalgene brand bottles are recommended because they attach easily to water purifiers.
- Sleeping bag – **synthetic** (not cotton!) and **thin** is best. The bigger and bulkier your sleeping bag is, the harder it will be to stuff into a garbage bag (for keeping it dry on the canoe).
- Compression sack (for your sleeping bag) – highly recommended.
- Day pack – To pack gear in for the canoe trip. Large backpacking backpack is too large for our canoes, and large suitcases remain at Tremont while we are in the backcountry. we will provide a day pack if you do not own one.
- Optional items: Playing cards, camera, compass, pencil and notebook (must be small and easy to pack)

Cotton vs. synthetic – When cotton clothes get the least bit wet, they stay wet and will not dry for days on end. Wet cotton clothes only add unnecessary weight and insulate the human body very poorly. Therefore, clothes, socks and sleeping bags made of cotton are strongly discouraged. Synthetic blends such as **polyester**, **fleece**, or **wool**, on the other hand, dry quickly and insulate to keep you warm

even when wet. Liner socks with an outer wool layer work great. Talk to your local outdoor outfitter for suggested products.

What NOT to Bring: snacks, food, candy, gum (all of these attract insects and rodents into the dormitory and platform tents). Also don't bring: cell phones, iPods, radios, CD players, hair dryers, curling irons, any electronic equipment, knives or money (our store will be open at registration and on the last day of camp).

*Cell phones are NOT permitted at camp. If you normally depend on one for its camera capabilities, we suggest that you instead bring a digital or disposable camera.

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