



ARNOT FOREST CAMP

A Primitive Pursuits Camp in partnership with Cornell Cooperative Extension

How to Pack for Camp

Label Everything!

Use sewn-on label, embroidery or laundry marker to write your camper's first and last name on everything your camper brings to camp, including the clothes worn to camp, luggage, water bottles, gear, footwear, etc. If an item is left at camp, please contact us if you would like us to mail it to you at your expense. Jackets, sweaters and water bottles are usually the most often items lost at camp. Arnot Forest Camp does not assume responsibility for lost, stolen or damaged items brought to camp.

Clothing May Be Dirtier than it Appears

At camp, things do get lost, damaged, dirty and/or borrowed. Please only bring items to camp that you do not feel attached to whether or not they come home in the same condition. We encourage families to borrow or buy used gear. We strongly discourage bringing anything of monetary or sentimental value to camp.

The following is a list of suggestions while planning your packing:

- The faster clothes dry the better. Synthetic fabrics dry faster than cotton, and are insulating when wet. We recommend clothes made of polypropylene, fleece, wool or other synthetics. We recommend Quick Dry, lightweight hiking pants for everyday use.
- The average high temperature in Van Etten, NY in the summer is 80 F and the average low is 55 F
- All gear for camp should fit into one large backpack **or** one duffel bag and one small backpack. Please do not bring trunks to camp. Campers should be able to carry all their luggage on their own.
- All Back to the Earth campers should have a backpack that will be able to carry their gear for a 2-day, 1 night trip.
- All Forest Awakens, Full Moon and Long Bow Camp campers should have a backpack that will be able to carry most of their gear for a 4-day, 3-night trip.
- Please only bring small camping tents that fit 1-2 people. Tents should be waterproof. Campers should know how to set up their tents. **Please practice before camp!**
- If you are not bringing a tent, you may bring alternate sleeping gear such as a hammock and tarp, or tarps for an outdoor shelter.
- There are ticks in the Arnot Forest. To prevent tick bites, we recommend wearing long pants that are light in color to be able to see ticks more easily, tucked into long socks.

Items That Must Be Left at Home:

- Electronics of any kind (except watches and digital cameras without internet capability). This includes all cell phones, music players, iPads, CD or DVD players, radios, kindles or e-readers, laptops, electronic games/toys, hair dryers, two way radios, fans
- Food of any kind- except for medical dietary exceptions as stated on the Health History Form
- Any shoe without a backstrap
- Money, candy, gum, potentially offensive clothing, jewelry, make up, posters, pets, weapons, candles
- Propane camp stove
- "Survival Tools" such as an axe, hatchet, saw, or any kind of fire starter. Please see "Survival Tools" Section below for more information

Recommended Packing Checklist

Outdoor Clothing

- 5-6 t-shirts
- 2-3 pairs of shorts, including one quick dry
- 2-3 pairs of quick dry long pants
- Wool and/or fleece layer (top and bottom)
- 1-2 sweatshirts
- 7 pairs of underwear
- 7 pairs of socks (including some non-cotton)
- 2 hats, 1 warm and 1 for sun protection
- 1 raincoat
- 1 rain pants

Footwear

- 1 pair of hiking shoes, already broken in; NOT brand new, ideally also waterproof
- Water shoes with a backstrap
- 1 pair of sandals with backstrap (can be used for showers as well)

Linens

- 1 washable pillow and pillowcase
- 1 sleeping bag – synthetic
- 1 Sleeping pad – insulation from the ground
- 1 towel

Toiletries (unscented so as not to attract bugs and biodegradable is possible)

- 2 toothbrush and holder
- 1 tube of toothpaste
- 1 bar of soap
- Shampoo/conditioner combo
- 1 non-aerosol sunscreen
- 1 non-aerosol insect repellent
- 1 chapstick with SPF

Accessories

- 1 battery operated flashlight or headlamp
- Extra batteries for flashlight or headlamp
- 1 journal/diary with pen/pencil
- 2 1-liter water Bottles/canteen
- 1 laundry bag
- 2 sturdy Tupperware containers labeled with name and big enough to carry hearty lunch and snacks
- 1 set of extra eyeglasses and hard case (*as needed*)
- Medications, vitamins, supplements to bring to nurse (refer to Health Care Section)
- 1 pair of sunglasses with a hard case
- 1 backpacking backpack (*refer to How to Pack on **size***)
- Plastic garbage bag or pack cover – large enough to cover your bag. For rain protection.
- 1 small tent, easy to assemble, waterproof and sized for 1 or 2 people (not required)
- Tarps for making an outdoor shelter

Fun Extras

- Small musical Instrument
- Hammock and tarps as rain protection
- A few good books
- Cards
- Stationery, including stamps
- Long underwear
- Binoculars
- Fixed blade knife (must have sheath, and non-serrated, no folding blades)

If you have any questions about what to bring to camp, please contact our office.

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Survival Tools at Camp

Some activities at camp involve the use of knives for carving, crafting and creating beautiful objects from nature. We do have knives available for camper use during the week. If a camper is interested in bringing their own knife to camp for this purpose, instructors will collect knives on the first day of camp and hand them out when these activities take place. Knives must be in a sheath and the blade must not be more than 4.1 inches. Knives will not be handed out until the instructors can see that the group is responsible to follow the safety rules for knife use. Knives will also be sold at our camp store on pickup days on Fridays.

Some campers also wish to bring “survival tools” in addition to knives. We do not permit any personal hatchets, axes, saws, or fire starters at camp.

If a camper is found with a knife or any other tool that they did not hand off to an instructor on arrival, or without permission, or supervision by an instructor, it will be considered a violation of our Community Agreements. These circumstances may result in immediate dismissal without refund at the Camp Director's' discretion.