PACKING FOR NANANAMAKEE

MEDICATION

When you help your child pack, please put any prescription medication in its original container and non-prescription medication in its original container in a Ziploc bag with your child's name on it in an easy to find location. Please also check the expiration date on the medication to ensure that it will be current through the week.   This will speed up the check in process immensely.

EQUIPMENT LIST

You will notice that on many of the clothing items listed, we ask that you do not bring cotton items, but instead bring wool, fleece, polypropylene, etc. This is for your own safety and comfort. Cotton retains zero percent of its capacity for warmth if it becomes wet and takes an incredibly long time to dry. Wool, fleece and other synthetics retain approximately 90-95% of their capacity for warmth, even when wet and many of these materials will dry very quickly.

Weight and Space are important factors, so follow this list closely and do not bring extra items.

Do not count the clothes you wear to camp as part of the trip equipment. You will need to bring a small bag to keep a clean set of clothes, shower items and beach/bath towel for when we return to Camp. Please do not bring any electronics or expensive items to camp. CYO does not assume responsibility for lost or damaged items. <mark>PLEASE MARK ALL ITEMS BROUGHT TO CAMP WITH YOUR CHILD'S NAME</mark>

Gear can be rented/bought from:
REI, Amazon, Costco, Cabelas, Thrift Store or any Outdoor Sports Store

CLOTHING ITEMS

- ❑ 1 pair water shoes *(Sandals must have a heel strap)*
- ❑ 1 pair of camp shoes
- ❑ 4 pairs of wool socks
- ❑ Underwear
- ❑ 1 pair (top and bottom) long underwear (polypropylene, thermax or capilene)
- ❑ 1 warm wool or fleece sweater or jacket
- ❑ 2 pair of wool or fleece pants or other non-cotton pants
- ❑ 1 set of rain gear: coated nylon or Gore-tex raincoat and pants *(Rain gear must be waterproof and durable to withstand heavy rains and day-long activity)*
- ❑ 2 short sleeved t-shirts (capilene, polypro)
- ❑ 2 pair of shorts (nylon, longer than finger tips)
- ❑ 1 warm jacket/parka (must pack small)
- ❑ 1 wool/fleece hat
- ❑ 1 pair gloves/mittens *(Gloves/Mittens should be waterproof or wool as well as warm)*

- ❑ 1 swimsuit (no midriffs for women and no speedos for men)
- ❑ 1 baseball cap or sun visor
- ❑ **HORSE TRIP:** Boots with a ¾" minimum heel (smooth sole) –Helmets are provided

PERSONAL ITEMS & Equipment (space is limited please keep this in mind)

- ❑ Medications (in the original prescription bottle or package in a Ziploc bag with your child's name on it)
- ❑ Plastic garbage bag (for dirty clothing)
- ❑ 2 Water bottles with name marked (1.5-2 quarts each and have lids that do not leak)
- ❑ Sunglasses with UV protection
- ❑ Flashlight or headlamp
- ❑ Personal toiletries
- ❑ 1-2 bandannas
- ❑ Toothbrush/small tube of toothpaste

- ❑ Sunscreen **(Waterproof, SPF 15 or higher)**
- ❑ Chapstick with sunscreen
- ❑ Insect-repellent (not aerosol)
- ❑ Dark colored beach or bath towel
- ❑ Medium size duffel bag, backpack, or waterproof dry bag
- ❑ Sleeping Bag *(**Sleeping bag must be warm to 25 degrees. Synthetic is preferred over down.** No cotton sleeping bags)*
- ❑ Sleeping Pad ("closed cell" foam or "Thermarest")

SUGGESTED ITEMS

- ❑ Bible (smaller sized is better)
- ❑ Rosary
- ❑ Camera/film (no cell phone's as cameras)

- ❑ Stationery/postcard/stamps
- ❑ Pen/Pencil
- ❑ Musical Instrument
- ❑ Paperback book
- ❑ Small journal/pen
- ❑ Deck of cards

DO NOT BRING!!!!!!

- ❑ IPod/MP3 Player
- ❑ Cell Phone
- ❑ Electronic Games
- ❑ Pets
- ❑ Gum
- ❑ Matches
- ❑ Fireworks
- ❑ Knives/guns/weapons of any kind
- ❑ Alcohol/drugs
- ❑ Personal Sports Equipment
- ❑ Vehicles (campers cannot drive themselves to camp)

LOST AND FOUND

To assure the return of lost clothing and equipment, ALL ITEMS BROUGHT TO CAMP SHOULD BE CLEARLY MARKED WITH CAMPER'S NAME. You can arrange to pick up your lost and found items by calling Camp Don Bosco at 425-333-6135 or Camp Hamilton at 360-863-1525; they will not be mailed to you. Items will be kept at Camp Don Bosco until September 15. Clothing and equipment not claimed by this date will be donated to a charitable organization. **CYO does not assume responsibility for lost items.**