

4-H Camp & Learning Centers at Tanglewood & Blueberry Cove

Great Circle Loop Info and Packing List

* Check-in is from 2:30-3:30 PM on Sunday on the hill leading up from the main parking lot to the Dining Hall.
* The closing ceremony is at 2:00 PM on **Friday** — families are encouraged to attend! Check-

out immediately following the ceremony at 2:30 PM.

*(Our oﬃce/mailing address is 1 Tanglewood Road, Lincolnville. The drop-oﬀ location at camp is approximately 2 miles farther down Tanglewood Road – keep driving until you come to the large parking lot at the end of the road!)*

# Great Circle Loop:

This trip requires some hiking experience and for campers to be in good physical condition. You will be completing a 25-30 mile loop over the course of 5 days. Please prepare by doing a few 5-10 mile hikes in your boots and carrying your daypack prior to arrival, and you’ll be ﬁne. There will be plenty of breaks at great swim spots! These days range from 3 to 9 miles per day, carrying your gear along with a portion of the group gear. Please consider the size and weight of what you pack. Test out both packing and unpacking your bag as well as carrying it. As soon as you leave Tanglewood early Monday morning, you will be spending the rest of the week outside. Although it is summer, the weather can change at any time. It is important that you bring some warm clothes and plan to dress in layers. Clothing should be wool or synthetic material, as they will dry much faster than cotton, which means they are better at keeping you warm and keeping things light.

Please remember to label all clothing and belongings!

# Essential Clothing (packed in backpacking pack):

* Comfortable and sturdy footwear for hiking (make sure they are broken in, medium to lightweight hiking boots work best, but a sturdy trail running shoe works well, the key here is good tread on the sole and supportive structure)
* 5 pairs of underwear
* 3 pairs of hiking socks (wool or synthetic strongly recommended)
* 1 set of thermal long underwear — top and bottom (synthetic or wool strongly recommended)
* 3 T-shirts
* 1 long-sleeved lightweight shirt
* 2 pairs of lightweight, quick-drying shorts
* 1 pair of lightweight, quick-drying pants
* 1 Towel (lightweight for camping)
* Swimsuit
* Hat with visor
* bandana
* 1 winter hat/beanie (wool or ﬂeece strongly recommended)
* 1 wool sweater or ﬂeece jacket
* Waterproof raincoat (no ponchos, these don’t work with backpacks)
* 1 pair of lightweight, waterproof rain pants (optional but strongly recommended, quick-dry pants are a decent substitute)
* 1 pair of footwear to get wet (Teva style sandals or old sneakers) — no ﬂip-ﬂops, must be able

to strap on to your foot

If your camper takes any medications, pack enough medication to last the entire camp session. **All** items should be in their original packaging, bottle, or container that identiﬁes the prescribing physician (if a prescription drug), the name of the medication, the dosage, and the frequency of administration.

# Equipment:

Items with an asterisk (\*) are available to borrow from us; please call 207.789.5868 to reserve these items or with any other questions.

* \*40-50L backpack (must have well-padded waist and shoulder straps, chest strap preferable, and a rain cover)
* \*Closed-cell sleeping pad
* \*Compact-able sleeping bag rated to 20-30 degrees F
* 2 leak-proof, one-quart water bottles (wide mouth preferred)
* Insect repellent
* Waterproof stuﬀ sack or stuﬀ sack and a trash bag to waterproof your sleeping bag
* 1 each: mug, bowl, spoon
* Flashlight/headlamp w/ extra batteries
* Toothbrush/paste, comb or hairbrush, soap
* Any other necessary toiletries or feminine hygiene products
* Sunscreen
* Pack of 3 lightweight waterproof sacks of varying sizes or multiple quart,1-gallon, and 2- gallon ziplock bags…for clothes and toiletries
* Hiking poles (if you like using them)

# In another small duﬀel bag:

* Clean clothes for the last day at camp (comfy shirt, shorts, underwear)
* Showering supplies for the last day at camp
* Twin sheets, blanket and pillow for the ﬁrst night at camp

# Other Optional Items:

* Pen/pencil and journal
* Compass
* Camera
* Reading material
* Playing cards
* Pocket knife

# Please avoid bringing:

* Anything electrical/electronic
* Money or valuables
* Food
* Weapons of any kind
* Drugs, alcohol, cigarettes
* Sports equipment

