

# Packing List – Trek and Splash Adventure Trip

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Please bring the items listed below for a great time at camp. We will provide sturdy backpacks and tents to be used during the trip. Campers will spend some time at CWES, in addition to time on their adventure trip. Campers should be prepared for extended time outside, except in case of extreme weather. Proper clothing and gear functions as protection against the risk of poison ivy, sunburn, and bug bites. We recommend that all camper clothing and gear be clearly labeled or marked with your camper's name.

## Luggage

A large duffel bag or other type of soft-sided baggage works best. Please have each piece of luggage be clearly identifiable with a luggage tag or full name written on the exterior. CWES will provide backpacks for use during trip portion of camp, unless camper has appropriate camping gear/luggage.

## Clothing

- 5-7 Pairs of socks
- 5-7 Pairs of underwear
- 5-6 Short-sleeved shirts (non-cotton preferred)
- 2-3 Pairs of shorts
- 1 Rain Jacket
- 2 Long-sleeved shirts
- 1 Sweatshirt or sweater
- 1-2 Pairs of hiking pants
- 1 Pair of pajamas
- 1-2 Swimsuits
- 1 Bandana or hat

## Shoes

- Comfortable shoes
- Water Shoes
- Hiking Boots (Optional)

## Bathroom Items

- 2 Towels for bathing and the beach
- 1-2 Washcloths
- Soap
- Shampoo/Conditioner
- Toothbrush/Toothpaste
- Hairbrush/Comb

## Prohibited Items

If CWES staff suspects that a child is in possession of any inappropriate items, the staff will have the authority to search the child's belongings. CWES staff reserves the right to confiscate any inappropriate items and securely store them until the end of camp. If any illegal items are brought to camp, items will be confiscated and parents/guardians will be notified. The following items are prohibited at CWES Summer Camp:

- Tobacco, Drugs, Alcohol
- Firearms, Knives, or Weapons of any kind
- Matches/Lighters
- Laser Pointers
- Fireworks
- Squirt Guns
- Expensive Jewelry
- Food, Candy, Gum, Snacks, Soda
- Pets/Animals
- Personal Sports Equipment (Such as Archery Equipment, Baseball Bats, Golf Clubs, etc.)
- "Good" Clothes
- Inappropriate or Offensive Clothing
- Cell Phones
- Electronic Entertainment Devices (Games, Music, etc.)
- Computers/iPads/Tablets/Electronic Book Readers

## Medications

All medications must be in the original prescription bottle, clearly labeled, with the prescription from the doctor on the bottle. The correct name, date, and instructions must be on the bottle. Written instructions must be provided for dispensing the medication. We will not administer medication that is improperly labeled or not prescribed by a physician to that specific camper. Any unused prescriptions will be returned during check-out on departure day. CWES cannot be responsible for medications left behind. Non-prescription medications will be dispensed daily per instructions provided by the parent on the camper's Health History or per camp standing orders when needed for occasional treatment. All medications will be kept locked in the Health Lodge to ensure the safety and privacy of campers. Trained health staff will dispense medications. Asthma inhalers, bee sting kits, insulin injection needs, epipens, glucose tablets, and glucagon kits can be kept with the child.

## Bedding

- Sleeping Bag (Required)
- Pillow (Small one that can be compressed is preferred)

## Other Important Stuff

- Raingear
- Water Bottle
- Backpack or Daypack
- Sunglasses
- Sunscreen
- Insect Repellent
- Flashlight or Headlamp
- Dirty Clothes Bag

## Trading Post Money

- Please bring money to be collected on the first day
- Money will be deducted each day
- Remaining balance will be returned at end of camp

## Optional Items

- Camera (Disposable cameras are preferred)
- Letter Writing Materials
- Book
- Journal
- Small Musical Instrument

## Clothing Selection and Packing Strategies

Trip Participants,

Greetings from the Central Wisconsin Environmental Station (CWES). When you're on the trail or water, you must be prepared to try something new...living light. This means that the less gear you carry, the better your trip will be. You should also be aware that if you are on a trip anywhere near water, you will most likely get wet during the adventure. Keeping this in mind, make sure to pack the appropriate clothing for both water and land activities. If you have questions about the information below please call us at 715-346-2937.

Clothing wise, the best pants you could bring on the trip are a **(non-cotton)** nylon or gortex style wind pant to go over a pair of shorts. This will protect your legs from the sun and mosquitoes. These types of pants are very light, and dry easily. If all you have are blue jeans bring them along, but remember that if jeans get wet, they take a long time to dry and weigh a lot when saturated with water. However, jeans are better than no pants at all. If possible, avoid blue jean shorts as well. They are heavy and challenging when wet. Shorts that dry quickly are your best bet (nylon or swimsuit bottoms). Don't forget a dirty clothes bag. This can be as simple as a plastic grocery bag.

Two long sleeve **(non-cotton)** t-shirts work great. One t-shirt should be heavy weight as nights can be chilly, even in the summer. The other should be lightweight in case of warm, muggy weather. Bringing a light jacket is good, but it should be made of fast drying material, like nylon, if at all possible. A big rain poncho works well for rainy days. A bandana can be used as a headband to stop sweat from dripping in your eyes. A hat is strongly recommended to protect your scalp and face from the sun's powerful rays. We will be spending a lot of time in the sun on all trips, thus putting on a lot of sunscreen. At a minimum make sure your sunscreen is SPF 30. Coppertone Sport, in the blue bottle, is waterproof and the best sunscreen we have found. Sandals with a strap that will keep them on your feet (not flip flops) work well for in water, hiking boots for backpacking, and a light pair of camp shoes (running or tennis shoes) work well for night activities. At night you will want to take off your sandals or hiking boots to air out your feet. A pair of dry shoes is recommended.

Mosquito lotion, as opposed to a spray, is preferred. Sprays can be problematic and have a tendency to go off inside your pack. In addition, you will want to bring a small plastic flashlight (and extra batteries). If you wear glasses, bringing an extra pair is suggested in case your first pair is accidentally lost or damaged on the trip. In addition, a glasses strap will help keep them attached to you in case your canoe tips over, or you stumble while on the trail. A camera would be good to have to retain your memories. Also, feel free to bring any inspirational quotes or readings. Most nights we will have a sharing circle to talk about ourselves and what we experienced that day. All personal items such as journals, cameras, and other water sensitive equipment should be kept in Ziplock bags to protect them from the elements, including condensation.

When packing your gear, use the "roll method." This method of packing is used by many people who backpack across Europe. The roll method includes folding your clothes into a square and then rolling it into a shape much like a rolling pin. This will allow you to organize clothing when you pack your dry bag or backpack, which we provide at CWES. Pack only what you need, practice roll packing, and check off your gear as you pack it. If you bring excess gear, you will have to leave extra's at base camp. Practice at home and compare the difference to conventional packing.

If you have additional questions, please contact us. See you soon!