

## GEAR:

- ☐ 1 synthetic sleeping bag with stuff sack
- ☐ 1 foam sleeping pad for camping, such as Therm-a-Rest
- ☐ 2 (or more) one-liter water bottles  
(VERY IMPORTANT: *Please be sure to identify your child's water bottles clearly. There will be a \$5 charge each time the camp has to supply a water bottle to your child if they have lost theirs.*)
- ☐ 1 bowl and spoon or spork for overnight trips
- ☐ 1 flashlight, with extra batteries
- ☐ 1 backpack for overnight trips for boys 12 and older  
*This needs to be a sturdy overnight pack designed to be worn for several days in a row. A good size is between 4000 and 5000 cubic inches.*
- ☐ 1 daypack (school size) for carrying lunch/water bottles for day trips



## PERSONAL ITEMS:

- |   |  |
|---|--|
| <input type="checkbox"/> Toiletries, including toothbrush, soap, shampoo              | <input type="checkbox"/> Sunscreen: 2-3 bottles for 7 weeks  |
| <input type="checkbox"/> Stationery and self-addressed, stamped envelopes for 7 weeks | <input type="checkbox"/> Personal medications ( <i>these will be turned over to the nurse upon arrival</i> ) |
| <input type="checkbox"/> Personal reading materials                                   | <input type="checkbox"/> Glasses keeper or "croakie" for campers who wear glasses                            |
| <input type="checkbox"/> Insect repellent: 2-3 bottles for 7 weeks                    |  |

## FOR DENITES ONLY (14 & 15 year-old campers):

- ☐ 1 Dress jacket, dress shirt, tie, dress shoes and pants for Graduates Dinner

## OPTIONAL ITEMS:

- |   |   |
|---|---|
| <input type="checkbox"/> Baseball glove | <input type="checkbox"/> Ping pong paddle |
| <input type="checkbox"/> Tennis racquet | <input type="checkbox"/> Lacrosse stick   |
|   | <input type="checkbox"/> Playing cards    |

## ESSENTIALS FOR CAMP

Please remember to use the official packing list on pages 5–6 when making final preparations, as it includes additional items (e.g. bug spray, sunscreen, pillow, etc.).

### SOCKS

While you have the option of sending either gray or white socks with your son, give some thought to purchasing gray for all 10 pairs.

### HIKING SOCKS

Hiking socks are one of the most important items you will send to camp with your son. Good socks will make all the difference on the trail. You are looking for socks with lots of fuzzy insulation/padding on the inside. Often with modern socks, you will see only the thicker fuzziness on the toe and heel. Blisters may form wherever there are gaps in the fuzz. Liner socks often made of polypropylene help prevent friction inside the boot. They hold your foot tight and will rub on the fuzz of the thicker hiking sock. By changing your liner socks every day, you can re-wear the same pair of hiking socks for multiple days. We recommend SmartWool or Darn Tough brand hiking socks.



### HIKING BOOTS

Just as important as hiking socks are good fitting hiking boots. You don't need the most expensive boots, just make sure that they fit well! That means, try them on with the thicker hiking socks and make sure they have a little bit of room in the toe so that they don't grow out of them in 7 weeks, but not so large that the heel will slip. Don't forget to have your son "break-in" the boots before camp. Blisters from brand new boots are a bummer! Gore-Tex or leather boots are preferred. Stay away from trail running shoes, which do not provide ankle support – something that is critical on a backpacking trip.

### POLYPROPYLENE THERMAL SHIRT

Polypropylene is a synthetic fabric and polypropylene thermal shirts are an essential component to staying warm in the mountains. The fabric will "wick" moisture away from the skin and into outer layers of clothing where it will evaporate. A common brand is Duofold. Boys in Akela and Den should come to camp with at least one long-sleeved thermal shirt for hiking (in addition to the uniform hiking shirt).

## WATER BOTTLES

Keeping hydrated during their long hikes is important, so every camper needs two 2-quart or liter-sized water bottles. Basic plastic bottles are fine for this purpose (Nalgene and Sigg are common brands). Some campers bring the “Camel-back” systems for use during their longer hikes, but keep in mind that these systems require more effort to keep clean than a standard water bottle, and are not easy to carry around camp. If you decide to purchase a hydration system, consider sending a cleaning kit with extra cleaning tablets to enable your son to keep it clean.

It is essential all bottles are well labeled and clearly identifiable (SHARPIE MARKER WILL NOT ADHERE TO MOST BOTTLES, PLEASE USE A PAINT MARKER). Mowglis will provide water bottles to boys before trips who need them from the camp store.

## BACKPACKS

A small “daypack” is required to carry water bottles and lunch on day hikes. A backpack similar to what your son uses for school will work well, just keep in mind it may come back looking a little “scruffy” for school use. Many campers use the same “camp” backpack for several years. For the older boys (12 and up), a sturdy overnight pack is essential. These boys hike for several days in succession and carry their sleeping bags and other provisions within their pack. The camp recommends a pack with a capacity of 4,000 to 5,000 cubic inches. Possible brands to consider include: Kelty, Mountainsmith, Lowe, Gregory, DanaDesigns, NorthFace, and Eureka. Internal frame packs are generally better because they are adjustable and grow with you. They also provide a more secure way to pack your gear and keep it dry.

## RAIN JACKETS/RAIN PONCHO

It is absolutely essential for all campers to have adequate rain gear, as they will be spending a large percentage of their time at camp outside, rain or shine. This includes a durable raincoat with a hood and rain pants. Ponchos can be added to the mix, but do not suffice as adequate rain gear. Our camp outfitter, Everything Summer Camp, sells decent, affordable rain gear. Rain jackets are more comfortable to hike in, but generally, if the weather is warm enough, the boys just hike in the rain wearing a Polypropylene shirt. This allows them to save the rain jacket to wear at the campsite, keeping their clothing dry throughout the evening. Ponchos are great too, but make sure they are correctly sized for smaller boys.



## **SLEEPING BAGS**

Sleeping bags need to be compact and lightweight, and able to compress into a stuff sack so it can fit into a backpack. Any three-season synthetic or synthetic down sleeping bag will be appropriate. A bag rated for 20 degrees Fahrenheit will be warm and durable enough to last several years. Please note that we will not be able to lend campers sleeping bags this year.

## **GREAT WEBSITES**

- [GearX.com](http://GearX.com)
- [Campmor.com](http://Campmor.com)
- [Sierratradingpost.com](http://Sierratradingpost.com)
- [Backcountry.com](http://Backcountry.com)
- [LLBean.com](http://LLBean.com)

Especially if ordering boots, try them on in a store to determine your size, then look online for the best deal. If you have questions or just want to chat about trip gear don't hesitate to call the camp.

## **SLEEPING PADS**

On campers' overnight trips, the use of a foam sleeping pad will help provide a little bit of comfort and added warmth being insulated from the ground.

## **BLANKETS**

The temperature can drop into the 40's on some summer nights, so warm blankets are very important. Wool or fleece works best and they must be solid colors.

## **READING MATERIAL**

Mowglis is fortunate to have two wonderful libraries, with a wide variety of books for boys of all ages. The boys have time each day where they can relax and read. If your son is an avid reader, or if his school requires specific summer reading materials, he may want to bring some of his own books.



## WRITING MATERIALS

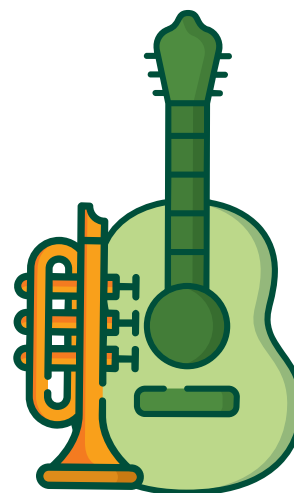
Don't forget to send your son with basic writing materials: paper, envelopes, pens/pencils and STAMPS! You don't need fancy stationery; the boys will likely prefer just basic lined writing pads (4" x 6" works well). Some families find it helpful to print labels for their sons (especially the younger boys) or include self-addressed envelopes for home and any additional family and friends, especially grandparents.

## OPTIONAL SPORTS EQUIPMENT

Don't feel compelled to send your son to camp with all of the listed optional items. If your son already has a baseball glove and enjoys throwing the ball around with his friends, then send it to camp with him. The same goes for a tennis racquet, ping pong paddle or lacrosse stick. Don't feel compelled to buy all of these and send with him to camp. He can always borrow a lacrosse stick from a fellow camper to see if he likes it. A couple of popular items not specifically mentioned on the packing list are swim goggles and snorkel masks. Many campers find these to be helpful when swimming in Newfound Lake.

## MUSICAL INSTRUMENTS

If your son plays an instrument at school, feel free to send him to camp with it along with some of his favorite sheet music. There are many opportunities to practice and perform for fellow campers if your son is interested. There is a brass choir that performs during Sunday chapel services, providing another fun way to weave music into a camper's routine. The boys store their instruments in the camp office for safekeeping.



## WHAT NOT TO BRING TO CAMP

Camp is a great opportunity to temporarily unplug from technology. Therefore, we ask your son not to bring any electronic devices to camp with him. If your son is flying to camp on his own, he can definitely travel with his phone and check it in when he arrives at camp, along with his other valuables like money, passports, airline tickets, etc.

In addition, campers should not bring pocket knives or food. All medication must be checked in with the nurse upon arrival.

