ROARING BROOK CAMP CLOTHING AND EQUIPMENT LIST- 2 WEEKS

IMPORTANT: All clothing and equipment should be identified by full last name so that it may be sorted in the laundry or returned if misplaced. The purchase of laundry tags can be helpful. Use a laundry pen, permanent marker or engraver for the remaining items. **It is requested that each camper have a laundry bag with their last name clearly printed on the outside**. You are encouraged to make a list of all items sent to camp and attach this list to the inside top lid of your child's trunk.

To adequately prepare a boy for Roaring Brook, serious consideration must be given to the selection of appropriate outdoor clothing. Your child will need to bring clothing that will withstand heavy use and provide adequate warmth in the cool New England climate. These clothes should allow your child to adapt to the weather and to his level of physical exertion. The best way this can be done is through wearing complimentary lightweight garments rather than one or two bulky ones. This technique is known as layering. Removing or adding layers achieves comfort. While at camp, if the weather is sunny and warm campers will not use all these clothes, however, if we have two weeks of wet and cold (and we have!!) they will use all these clothes.

A concern when buying clothes and equipment is the question of expense. We often hear that it is hard to justify buying good equipment when a child will only use an item one summer, outgrow it, or abuse it. **There are a few items, which we consider a priority. These will be identified by an asterisk (*).** The asterisk means that serious thought and consideration should be given to the selection and/or purchase of this item. We will try to give suggestions on the following pages for each of the * items. If you have any questions or if we can be of assistance in any way, please call toll free (800-832-4295)

Following is a list of suggested catalog-based outdoor equipment suppliers:

L.L. Bean	R.E.I.	Campmor	Cabela's	Patagonia
Freeport,ME	1700 45th St. East	P.O. Box 700-E	812-13th Avenue	P.O. Box32050
04033	Sumner, WA 98390	Saddle River, NJ 07458	Sidney, NE 69160	Reno, NV 89533
800-221-4221	800-426-4840	800-226-7667	800-237-4444	800-638-6464
www.llbean.com	www.rei.com	www.campmor.com	www.cabelas.com	www.patagonia.com

Eastern Mountain Sports- There are many Eastern Mountain Sports stores in the Northeastern United States. This is a good resource for advice, equipment sizing and gear.

We will be happy to discuss equipment recommendations based upon items in these catalogs. For best results, have the catalogs and a list of your child's height, weight, clothing size and shoe size at the phone.

CLOTHING

_____2 PAIRS NYLON ZIP-OFF PANTS/SHORTS*- These can be purchased at major outdoor retailers and sporting goods shops such as Dick's. These adjustable pants are critical for camp life. The days start cool; turn warm, then return to cool by evening. Super lightweight pants are critical component in preventing insect bites. We wear pants far more often than shorts at this camp.

_____2 PAIRS LIGHTWEIGHT SYNTHETIC PANTS. (No jeans are permitted at camp)

_____5 PAIRS SHORTS (include hiking, running and gym shorts)

_____7 PAIRS UNDERWEAR BRIEFS/BOXERS

_____2 SWIM SUITS swim team jammers preferred or, well above knee for swim instruction)

_____10 PAIRS ATHLETIC SOCKS

_____1 PAIR HEAVY HIKING SOCKS (wool/polypro/thermax/thermastat/ etc.)

_____2 LONG SLEEVE POLYESTER WORK SHIRTS or SPORTS SHIRTS

_____7 T-SHIRTS- a few should be synthetic such as Cool-Max/Under Amour or nylon soccer/baseball shirts.

_____1 LONG SLEEVE COTTON FLEECE HOODED SWEATSHIRTS

_____2 WARM PULLOVER or CARDIGAN SYNTHETIC FLEECE*
Synthetic fleece (ie:Polartec etc.) which, is warm, lightweight. and dries fast.

_____1 NYLON WINDJAMMER, SHELL or LIGHT JACKET

_____1 FULL RAINSUIT- JACKET AND PANTS*
Good quality hooded jacket with pants that are made from one of the following: Urethane-coated nylon, Gore-tex; or any of the many breathable/waterproof fabrics on the market. We do not permit ponchos, PVC Vinyl or thin plastic suits. The camp's outdoor program continues rain or shine.

_____1 THIN KNIT HAT* (polypro/wool/synthetic)

_____1 BASEBALL HAT
_____1 PAIR LINER GLOVES* (polypro/thermax/thermastat)
_____1 BANDANA.
_____3 PAIRS SNEAKERS (one pair, at least, suitable for jogging/running)
_____1 PAIR LIGHTWEIGHT HIKING BOOTS*
Ankle length "sneaker boots" made of synthetic or leather, with nylon inserts (the fewer the drier) with a flexible, deep-tooth soles. ALL SHOES SHOULD BE WELL BROKEN- IN BEFORE CAMP.

To check the boot for fit: (1) place the foot in the boot wearing the two pairs of socks to be used for hiking. The thin pair prevents friction next to the skin and transfers moisture, the heavy pair absorbs moisture and acts as a cushion; (2) place the foot on the floor, with the boots unlaced slide the toes forward so that they touch the front, there should be about 3/8 to 1/2 inch for you to insert a finger behind the foot and touch the inner sole; (3) Tie the boot snugly, the toes should no longer touch the front of the boot even when you try to force your toes forward. Generally, boots should have plenty of toe room but be snug everywhere else and; (4) Make sure when the boots are tied; the ankle section fits snugly to the leg. Many boots are too large in this area, requiring constant retying of shoes.

EQUIPMENT

_____1 FOOTLOCKER*
There are many choices in footlockers today, including plastic products from Rubbermaid/Sterling at Wal-Mart/Kmart, in addition to traditional wooden, metal and combi-board models. 36"L x 20"W x 20"H (estimated) is best. A footlocker is required for this camp. Please do not send duffels or suitcases.
_____1 DAYPACK with SHOULDER STRAPS* (ie: bookbag)
_____1 SLEEPING BAG * (Campers sleep in sleeping bags at camp)
Junior 5'5" and under, Regular 6'0" and under and Tall 6' and over.
A lightweight summer bag (good for 20-40F degrees) will suffice. Down filled bags are highly compressible and lighter, but useless if wet. Synthetic bags (Hollofil, Polarguard, Qualofil etc.) are less expensive and will insulate if wet, but are heavier and bulkier than down. Do not send cotton filled bags (they usually have pheasants/ducks or other creatures printed on the interior of the bag). If buying new, think about multi-use, such as future backpacking, where you want a smaller, more compressible bag.
_____1 BED NET (optional) may be purchased at Campmor
_____1 WIDE-MOUTH PLASTIC WATER BOTTLES (1 Quart) Nalgene bottles are best. No canteens please.
_____1 HEADLIGHT* We operate at night and need to have our hands free. Inexpensive headlights are now available at discount stores like Walmart.
_____1 SMALL FLASHLIGHT
_____BATTERY SETS AND EXTRA BULB
_____1 POCKET-KNIFE (simple design) Large scale "survival" knives with blades over 5 1/2", multi-tools and serrated edge knives are prohibited.

LINEN

_____1 WASHABLE SLEEPING BAG LINER
Liners may be purchased or made from a sheet folded lengthwise and sewn across one end and side.
_____1 SET SHEETS AND BLANKETS (optional)
Some campers prefer bedding in camp. Highly recommended for campers who have experienced enuresis. For this case, send bedding or two sleeping bags.
_____1 PILLOW AND PILLOW CASE
_____2 BATH TOWELS AND 1 HAND TOWEL
_____1 HEAVYWEIGHT LAUNDRY BAG (last name printed on the outside in large letters)

PERSONAL ITEMS

_____1 TOOTHBRUSH AND 1 TOOTHPASTE, 1 COMB OR BRUSH
Note: Soap and Shampoo are provided by the camp and should not be sent.
_____1 PAIR SUNGLASSES (with UV protection)*Fragile, expensive sunglasses are discouraged.
_____1 BOTTLE SUNBLOCK* **(NO AREOSALS)** (30PF at least), 1 CHAPSTICK with SUNBLOCK*
_____2 BOTTLES DEET-BASED LIQUID INSECT REPELLENT* **NO AREOSALS**

"Ben's" or the equivalent with 95% active ingredient N,N-dimethyl meta-toluamide is recommended. For short-term use, the risk of infection from scratching bites outweighs possible effects of exposure to a chemical.

MEDICAL, OPTICAL AND DENTAL NOTES:

_____ PRESCRIPTION MEDICATIONS with INSTRUCTIONS if currently used.
The Directors must approve the use of medications before a camper arrives at camp. Note: Over the counter medications (OTC) are not necessary. The camp has ample supplies of OTC medications in children's and adult dosages. OTC medications are not permitted in living areas. This includes vitamins, supplements and homeopathies. Please do not send these items.

_____ Glasses are preferred over contacts, due to the wilderness environment. Disposable contacts can be tried if enough pairs are brought. Both glasses wearers and contact users should bring a set of back-up glasses. Send the appropriate size screws and screwdriver with glasses.

_____ Campers wearing braces should be sent with a supply of dental wax to cover broken wires.. Please!

OTHER ITEMS

_____ STATIONARY SET WITH ATTACHED STAMPS (Peel and Seal envelopes and pre-addressed is recommended). A set of pre-stamped postcards works well.

_____ ZIPLOCK BAGS (to protect books, stationary, clothes and supplies)

_____ FISHING TACKLE (optional)

_____ ARCHERY TACKLE (optional) Challenge operates an Olympic target bow archery program. Compound bows must be 25 lb draw or less and arrows must have target points.

_____ CAMERA (optional) There is no recharging capability for digital camera batteries. Disposable cameras might be a good option

_____ OUTDOOR GEAR (optional) Any other outdoor gear which you would like to bring, such as: kayak paddles, lifevest, kayaks, etc.)

_____ SPORTS EQUIPMENT (optional) Baseball gloves will be used; lacrosse sticks or soccer balls etc.

_____ RETURNING CAMPERS NOTE: Don't forget your axe, knife, moccasins, canoe paddle or other items you have made.

REMEMBER THAT THE CAMP CANNOT BE HELD RESPONSIBLE FOR PERSONAL CLOTHING AND EQUIPMENT WHICH IS LOST OR DAMAGED. INDIVIDUALS CHOOSING TO BRING PERSONAL GEAR TO CAMP DO SO AT THEIR OWN RISK. WE DO OUR BEST TO PREVENT LOSSES, BUT CHILDREN WILL DAMAGE OR LOSE ITEMS WITHOUT MEANING TO.

<u>ITEMS WHICH SHOULD NOT BE BROUGHT TO CAMP</u>

NO- music players, cell phones; hand held computers; electronic games; or musical watches that have electronic games.
NO- Food brought to camp or sent from home.
NO- Illegal or immoral paraphernalia, drugs, alcohol, or tobacco in any form. Campers will be sent home without refund for use or possession. No posters, t-shirts, clothing, pictures, books, articles with obscene/offensive or suggestive topics.
NO- Expensive jewelry, watches, or personal belongings of high value (they may become lost or damaged). ALL PERSONAL MONEY (sent only with those campers traveling by air/bus) SHOULD BE LEFT ON DEPOSIT WITH THE DIRECTORS.
Any contraband/expensive items brought by campers will be held in safekeeping until the end of the session, and then returned.

EQUIPMENT NOTES

Each summer, new types of outdoor equipment appear at Roaring Brook. Some equipment has been a great asset to the program, such as the development of lightweight, sneaker-type, hiking boots. Others, however, have led to inconvenience and even injuries among campers. Through our experiences, we have determined that there are certain types of equipment we would prefer not to have on the property, or to have used in certain settings.

KNIVES

In recent years, campers have brought ever-increasing expensive and dangerous knives to camp. Their use has resulted in injuries requiring medical attention. Of special concern are Leatherman/Gerber Multiplier and similar type knife-tools. The cutting blade on these tools is longer, thinner and much sharper than on the average Swiss Army type knife. These are designed to be used by adults who are professional's in fields such as emergency medicine, ski patrol and the military. These tools will cut through skin and lower tissue structures with the precision of a scalpel so quickly and efficiently; a person does not even realize he/she has been cut! These tools also require a more complicated maneuver to get the blades back in. We have decided to hold any mutli-tools that arrive in camp in the Director's shelter until the end of the session.

No camper requires a knife larger than a standard issue Swiss Army knife, which, since we have so many, needs to have the camper's name engraved or written on it. No camper requires more than one knife in camp. Campers, who wish, can make a sheath style knife at camp, which is as big as any boy could ever use in the outdoor setting.

CAMERAS

If you would like your son to have one or more single-use cameras, we ask you to purchase them in advance. These cameras take good photographs in daylight and allow campers to preserve memories of friends and camp without risking a real camera in the outdoor environment.

LABELS

We cannot stress how important it is that absolutely every item brought to camp has a camper's name on it. This includes items you might not think require labeling such as bottles of insect repellent, sunblock; tubes of toothpaste, even toothbrushes. When a group of children have multiple containers of the same item, some of it ends up misplaced or switched around. This can upset campers, especially younger boys.

We have amassed a large collection of unlabeled towels in the kitchen, "donated" by unknown campers. Each year we end up with expensive clothing, shoes, knives, and flashlights on which there is no name and for which no one calls. Roaring Brook operates as a boy's world each summer, and despite the Director's and staff efforts to keep campers organized, the pace of the program, (which is one of the main reason's campers return each summer), overwhelms even the most organized among us. We want each camper to return home with their clothing and equipment. Labels help us sort it all out.

We have also learned that some campers are truly unaware of what they brought to camp. Take the time to go over trunk contents with your son. We also ask that you be understanding of the fact, that despite our best efforts, equipment and clothing does get lost or damaged in the wilderness environment. Counselors complete sweeps at every rest and camping stop on trips; counselors bring clothes from activity areas after each period; a lost and found is held at lunch; counselors pack each camper's trunk at the end of the session; a lost and found line is hung at the Main Shelter on closing day and; packages of labeled clothing and equipment are mailed out after each session. We don't really know what more we can do to prevent loss.