



OUTPOST EXPERIENCE CLOTHING AND GEAR LIST

Please read for details about the gear necessary to make your summer great!

- In-Camp Clothing On days we are spending in camp, campers can wear whatever they'd like. Typically, most campers opt for comfort, and wear a t-shirt and sweatshirt with shorts or sweatpants. Campers may want a pair of jeans for Shabbat, or going into town.
- Extra Glasses **Campers with glasses need to have extra glasses AND croakies.** You can accomplish this cheaply online if you know your camper's prescription. One option is Zenni.com, but there are several others.
- Hiking Boots Boots MUST extend OVER the ankle. Boots must have good ankle support and be broken-in before camp starts. Since the Porcupine Mountains are often muddy and feature several streams, waterproof hiking boots are encouraged. Low-cut dayhikers are NOT acceptable as hiking boots. Boots should be worn numerous times previous to the summer. This will reduce the likelihood of blisters and an unpleasant trip.
- Daily Wear Shoes Must have at least one pair of closed-toed shoes for daily wear.
- Wet Shoes Must Have:
-Closed toes
-Significant tread and support
-Shoe must LACE up
*Converse All Stars (or their Meijer-brand equivalent) or an old pair of athletic shoes are a great choice. These shoes will always be wet and will probably be discarded at the end of the summer. Keens are also an excellent choice if you are looking to invest in long-term water shoes.
- Hiking Socks Wool or synthetic wool is recommended. SmartWool or Thorlo are fabulous, and REI makes a comparable generic brand. Cotton is not permitted for hiking.
- Headlamp A headlamp is one of the best camp accessories you can have, and your camper will use it every night during activities, to and from the bath house, etc. There are a variety of prices and styles; a basic and cheap one is just fine for the summer.
- Lightweight, long sleeved work shirts Great for keeping bugs and sunburn away on trips. MUST button (long sleeved T-shirts do not qualify). Old, collared dress shirts and flannels work just fine. This is a good item to look for at your local thrift store!
- Hiking Pants Durable, light weight material that will dry quickly. Must reach the ankle (no capris). Zip-off pants are a plus but not required. No jeans.
- Rain suit ABSOLUTELY ESSENTIAL to ensure health and comfort in bad weather. RAINCOAT must have a hood with a drawstring and/or snaps. RAIN PANTS should have an elastic waistband and snaps or elastic at the ankles. The material must be "Coated Nylon" that will breathe.

<u>Fleece jacket</u>	Fleece will help keep campers warm, even when wet, and is essential to their safety and comfort in the backcountry. A hooded or crew-neck fleece (polyester, polypropylene, etc) pullover or jacket is a required item on all backcountry trips. A cotton sweatshirt does NOT WORK!
<u>Thermal underwear</u>	ABSOLUTELY NO COTTON. Polypropylene or Capilene are ideal. Ask at any camping store.
<u>Sleeping pad</u>	A simple foam pad is sufficient. RidgeRest and Ensolite make basic pads that are very comfortable. Inflatable pads are not recommended.
<u>Sleeping bag</u>	If you are purchasing a new bag, keep this in mind: <ol style="list-style-type: none"> 1) Bags should have a 20°F temperature rating or lower. 2) The bag should be filled with synthetic material such as HoloFill, Polar Guard, Qualofill, Polyfill, etc. 3) Cotton and Goose down bags become heavy and lose their insulation properties when wet. DO NOT buy this type of bag. They are also very difficult to wash! 4) A nylon stuff sack with a drawstring and tightening straps is required. Most sleeping bags come with an appropriate stuff sack. In general, the smaller the better.
<u>Nylon Stuff Sack(s)</u>	Separate from the one used to pack sleeping bag. These will be used to pack for trips. Medium sized sacks with drawstrings make for an easier time fitting lots of things into hiking packs.
<u>Utility straps</u>	Used for strapping things to other things and have 1001 uses in camp and the backcountry. Straps that are 48"-60" x ½" are recommended.
<u>Duffel bag</u>	Space is limited at Kennedy and in our vehicles, so each camper is limited to one duffel. Sleeping bags, sleeping pads, hiking boots, and pillows DO NOT have to fit in the duffel.
<u>Water bottles</u>	At least three 32oz. (1 liter) bottles are required. Nalgene brand is recommended. Please make sure to have at least two without a straw, as water bottles with straws and Camelbacks are not permitted on trips (but are fine for at-camp use).
<u>Bug repellent/net</u>	NO SPRAY CANS ALLOWED. A medium concentration of DEET is needed: 30% is fine. Controlled Release DEET by Sawyer Products or Muskol in cream form recommended. These can be purchased anywhere that sells outdoor products. Head nets and raingear also help immensely to ward off bugs.
<u>Biodegradable shampoo/conditioner</u>	As Kennedy seeks to regulate its environmental impact, we prefer that our campers bring biodegradable shower products. Many major brands are already biodegradable! You do not need the classic Campsuds or Bronners, but please read the labels on shower products you bring. If campers wish to bathe in the lake, make sure that you bring hydro-degradable soap.

PLEASE IDENTIFY ALL PERSONAL ITEMS AND EQUIPMENT

Please do not bring watches, clocks, MP3 players, cell phones, iPods, iPads, GameBoys, PSP's, electronic games, makeup, jewelry, blow dryers, mirrors, etc. Our policies were discussed during the camper meetings.

Essential List: You must bring these items.

Please do not bring more than the specified quantity

- () 1 Hiking Boots – BREAK IN BEFORE CAMP!
- () 1 Tennis shoes (around camp, exercise, may be old)
- () 1 Wet shoes (i.e. old tennis shoes, Converse, Keen)
- () 1 Flip-flops/sandals (for in camp only)
- () 4 Hiking sock pairs (wool or synthetic)
- () 10 Athletic socks for daily wear
- () 2 Lightweight, LONG sleeved work shirts
- () 2-3 Hiking pants – light weight, quick dry
- () 2-3 Around camp pants (pajamas, jeans, sweats, etc.)
- () 2-4 Shorts – at least one nylon (sport shorts)
- () 10 T-shirts
- () 14 Underwear
- () 4 Bras (at least two sports bras)
- () 2 Bathing suits – at least one that is SUPPORTIVE
- () 1 Raincoat and rain pants – NO PONCHOS
- () 1 Fleece jacket—NO COTTON (for trips)
- () 2 Sweatshirt (for camp; any material)
- () 2 Thermal underwear tops– NO COTTON
- () 2 Thermal underwear bottoms –NO COTTON
- () 1 Thin wool or fleece gloves – NO COTTON
- () 1 Wool or fleece hat – NO COTTON
- () 1 Sleeping pad (inflatable not advised)
- () 1 20°F sleeping bag w/stuff sack – NO DOWN
- () 2 Ditty bags for toiletries/personal items
- () 2-3 Nylon stuff sack
- () 2-4 Utility straps – 36-48" by ½"
- () 1 Daypack – must have 2 shoulder straps
- () 1 Laundry bag (heavy duty or mesh)
- () 2 Cot bedsheet sets (including pillow cases)
- () 1 Blanket (for in camp only)
- () 1 Pillow (for in camp only)
- () 3 32 oz. water bottles (Nalgene, Sigg, etc)
- () 2 Large towels (for in camp only)
- () 2 Small towels for trips (quick-dry are nice!)
- () 1-2 Headlamps (1 regular flashlight is fine)
- () 1 Sunglasses (100% UV protection)
- () 1 Sun hat/baseball cap
- () 2-5 Bandanas – one million uses
- () 3 Carabiners
- () 1 Duffel -- **ONE per camper**

Personal Items:

- () Non aerosol, DEET/Picaridin, 1-30%
- () Biodegradable shampoo/conditioner
- () Stationary, envelopes, stamps, pens/pencils
- () Camera w/ memory cards (LABEL ALL PARTS)
- () Toiletries: toothpaste, toothbrush, floss, deodorant (unscented)
- () Extra batteries for headlamp/camera
- () Extra glasses
- () Croakies
- () Spending money in a wallet (\$50 or more if you want souvenirs!)
- () White clothing for Tie-dye
- () Sunscreen (no spray cans)
- () Feminine Hygiene Products (Including Sanitary Wipes)
- () Pillow/pillow case
- () Bug-proof head net

Optional:

- () Whistle
- () Compass
- () Backcountry pack (camp provides packs for all campers)
- () Hiking sock liners (liners help limit blistering for some)
- () Costumes/funky hats/unusual footwear

- () Guitar/tambourine/ukulele/harmonica/kazoo/hand drums/Jaw harp
- () Playing cards/travel board games
- () Reading material
- () Journal
- () Fishing rod & equipment
- () Bathrobe (protects from bugs after shower!)
- () Drawstring bag with back ropes
- () Crazy Creek

Required Identification:

- () **PASSPORT, PASSPORT CARD, or ENHANCED ID**
- () **NOTARIZED BORDER CROSSING FORM**

