



KieveWavus



WAVUS CAMP FOR GIRLS

Clothing & Equipment List- First and Second Full Session

Equipment Required For All Wilderness Trips

(IMPORTANT – Please mark all clothing items, shoes and accessories with your camper's name)

Items listed in this section are **required** for your daughter's health, safety and comfort while out on wilderness trips.

All girls at Wavus go on overnight trips. They **must** have one of each of the following items, unless otherwise noted.

Please note that we have removed the PFD (Life Jacket) from the packing list. Kieve-Wavus will provide all campers with appropriate PFDs for their trip and in camp needs.

- Rain Jacket and Pants** – both of these are very important. If you have older gear then you can buy a waterproof spray to recondition these garments and make them more waterproof.
- Sleeping bag** - w/ stuff bag. Goose down not recommended. We suggest a 20-30 degree rating. Remember this has to fit in your backpack or boundary bag. You will be required to carry it, so think small.
- Sleeping pad** - such as Therm-a-Rest (particularly for longer trips girls 11 & up).
- Waterproof “River Duffel/Boundary Pack”** with back straps (online at either *Amerasport, REI or LL Bean*). 70L or 70HD is the best size for our trips. These are a requirement for all campers.
- Day Pack** - school backpack is fine.
- Headlamp** - with extra fresh batteries (preferred over flashlights).
- 2 Water Bottles** - (available in the Camp Store) or a “CamelBak” type backpack.
- 2 Swimsuits**
- Long Underwear** - synthetic mid-weight top & bottom. Capilene works well as it dries quick & is lightweight.
- Long Pants** - quick dry (not jeans or cotton track pants). Unlined sports “warm-ups” or wind pants work well.
- Two warm layers like a polar fleece pullover or jacket** – these need to be quick dry, no cotton!!
- Lighter fleece top or synthetic top** - for layering. There are Wavus brand tops in the camp store.
- Quick Dry T-shirts (2)** – polyester, no cotton. Also available in the camp store.
- Quick Dry Shorts (2)** – polyester, no cotton.
- Footwear:** Some type of sturdy water shoes for canoeing/kayaking/wading & swimming on trip, brands such as Keen, Chaco, Teva, Fivefinger have good shoes. Must have heel strap, closed-toed are safer. Crocs are no good on wilderness trips. Bring sturdy sneakers that you can hike in and use for daily wearing at camp. Full blown hiking boots won't be necessary until Maine Trails, but if you have a pair already you may bring them.
- Hiking socks (3 pairs)** - wool or blended.
- Sock liners (3 pairs)** - good for preventing blisters.
- Baseball Hat or Visor** - available in the Camp Store.
- Warm hat** - polar fleece or wool.



KieveWavus



Maine Trails Campers (ages 15-16) only:

1 pair of good quality, broken-in hiking boots. **We suggest LL Bean Cresta Hikers.**

- Hiking socks (6-8 pairs)** - wool or blended.
- Synthetic Underwear (6-8 pairs)**
- Sock liners (6-8 pairs)** - good for preventing blisters.



Other Suggested Articles For In-Camp

- Wavus T-Shirts (2 Shirts)** any style. Required for Sundays, and popular every other day of the week at camp. Although other Wavus clothing is not required, there's lots of nice stuff available online at www.Amerasport.com. Girls can also purchase items when they get to camp at our Camp Store.
- Pajamas** - a lightweight set and a warm set is ideal for the Maine temperature changes.
- 1 plain white 100% cotton t-shirt** - to tie-dye at some stage during camp.
- 1 bandana** – available from the camp store.
- 5 short sleeve T-shirts**
- 2 long sleeve shirts**
- 1 polar fleece vest** – nice for the cooler evenings, but not necessary.
- 3 pairs shorts**
- 1 pair long pants** - jeans, khakis, sweatpants, etc.
- 2 sweatshirts**
- Sundress** - for Jewellianos night
- 6-8 pairs underwear**
- 5 pairs athletic socks**
- 1 windbreaker**- or anorak top or light jacket; good raingear will suffice.
- 1 belt**
- 1 pillow**
- 2 blankets**
- 2 sets of sheets and pillow cases** - twin or single bed size – regular length
- 1 facecloth and hand towel**
- 2 bath/beach towels**
- Sunglasses** - with a float band
- Bag to keep toiletries together**
- Toothbrush and toothpaste, soap, shampoo/conditioner, hairbrush/comb**
- Other personal hygiene items**
- Prescription medicine in original bottle** (please do not repackage it)
- Insect Repellent**



KieveWavus



- Sunscreen
- Chapstick or lip balm with sunscreen
- Stationery and stamps appropriate for the size of the envelope (pre-addressed & stamped is helpful)
- Summer reading, books, etc.
- Small notebook or journal with pen/pencils
- Playing cards, board games & other non-electronic games
- Tennis racquet & tennis balls, Baseball/Softball glove & ball, Lacrosse stick, Fishing rod & tackle
- Disposable or Digital Camera – please be sure to label these.
- Crazy Creek Chair - available at camp store with parent permission.
- Girls 14 & older - It's okay to bring an all-purpose tool like a Leatherman.

Note – Campers tend to wear the same clothes every day, so our lists are really quite adequate.

Costume Accessories

There are many themes used during the camp sessions. Your child may want to bring costume items that can be used for “dress up” or themed items (example: favorite animal, Christmas in July, Olympics, Pirate Day, rock ‘n roll, 4th of July). These items could include crazy hats, feathery-type boas, cowboy gear, super hero items, themed t-shirt, etc. Use your imagination!

Kieve-Wavus Camp Store

Many items are available in our camp store, which is located during the camp season on campus. There are small items such as bandanas, water bottles, postcards, etc. There are also custom Kieve-Wavus T-shirts, sweatshirts, flannel pants and more. We will charge purchases to your account, which is billed at the end of the camp season. You can make orders before camp at our [Online Store](#) and we can either ship items home to you or deliver to your camper when they arrive. Please refer to the “Helpful Clothing and Equipment Hints” memo online to answer many questions.

Camper’s name should be clearly marked on every article, using sew-on labels, iron-on labels, stamp, or indelible ink

Where to Get It?

This summer we have partnered with [Summer Camp Supply](#) for easy one stop shopping to fill all your camping needs. They have uploaded our packing list to their website and offer several choices for each item.

Numerous good stores sell this gear. L.L. Bean carries everything that you will need www.llbean.com. Both REI and EMS (Eastern Mountain Sports) can also supply this equipment, along with many general outdoor stores. If you prefer to try things on in a store and then order on-line, www.campmor.com, www.ems.com, www.reioutlet.com and www.sierratradingpost.com are great resources.

Amerasport also has a retail store near suburban Boston (just 12 minutes from Downtown Wellesley in Holliston on the Dover/Sherborn line). Call toll-free today (800) 786-9402 or (508) 429-9000 to schedule an appointment. The hours are 9am-6pm Monday - Friday and Saturdays by appointment.



KieveWavus



By all means, bring things that you already own or borrow items from friends and family. You will also find good quality items at your local army/navy or sporting goods store if you prefer.

If you have hunted the stores high and low and have asked around your friends and family and you are still having no luck finding what you need, then please call us on 207-549-5719. We have a small collection of donated clothing from past staff and campers that we can lend out. Alternatively, if you have any clothing or footwear suitable for the outdoors that your child or family member no longer fits into, please consider donating it to the Wilderness Tripping department for other campers to use.

Note: When ordering items and having them directly sent to camp, it is a good idea to have the company permanently mark your items with your daughter's name so that they might be identified and returned at the end of camp.

SENDING MAIL & PACKAGES TO YOUR CAMPER

MAILING ADDRESSES

When using the U.S. Postal Service:

Wavus Camp for Girls

Camper name

PO Box 350

Jefferson, ME 04348

SHIPPING ADDRESSES

When using a shipping company to deliver (UPS, FedEx, DHL):

Wavus Camp for Girls

Camper name

88 Wavus Point Road

Jefferson, ME 04348

Overnight takes 2 days as we are considered rural.

You should put the address inside the box or bag that you're shipping in case the outside one is torn off.

IT IS VERY IMPORTANT THAT THE CAMPER NAME IS INCLUDED IN THE ADDRESS FOR ALL MAIL AND/OR SHIPPING