KieveWavus

WAVUS CAMP FOR GIRLS

Clothing & Equipment List - Junior Wavus Sessions I & II

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 camper health, safety and comfort while out on wilderness trips.

All introductory/junior campers go on one overnight trip. They **must** have the following items (one each, 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.

- ☐ **Rainsuit** – must be waterproof, this is very important - no ponchos please
- ☐ **Sleeping bag** w/ stuff bag. Goose down not recommended. We suggest a 20-30 degree rating. Remember this has to fit in duffel. You will be required to carry it, so think small.
- ☐ **Duffel Bag** or any bag to fit both sleeping bag & clothes will be fine. (a waterproof "river duffel/boundary pack" is strongly recommended with straps available at Amerasport and is a good investment if she intends to come for several years and will keep her clothing/belongings dry on any of our trips. 70L or 70HD is the best size for our trips)
- ☐ **Day Pack** - school backpack is fine
- ☐ **Headlamp or Flashlight** with extra fresh batteries (preferred over flashlights).
- ☐ **2 Water bottles** - (available in the Camp Store) or **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.
- ☐ **Long Sleeve T-Shirt**
- ☐ **Pullover Polar Fleece or zip up jacket** or similar outer garment such as wool sweater to retain body heat
- ☐ **1 Windbreaker**
- ☐ **Lighter fleece top or synthetic top** - for layering
- ☐ **Sneakers**- sturdy and athletic with good tread. If you own 2 pairs, bring both.
- ☐ **Water shoes** for kayaking, canoeing and swimming/wading on wilderness trips. Must have heel strap, close-toed are safer (Keens, Tevas, Chocos, etc.). Crocs are no good on wilderness trips.
- ☐ **2 Pairs Athletic Socks**
- ☐ **Insect Repellent**
- ☐ **Baseball Hat or Visor** (available in the Camp Store)
- ☐ **Warm hat** - polar fleece or wool

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Other Suggested Articles For In Camp

- ☐ **Wavus T-Shirt** 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,** lightweight set and a warm set is ideal for the Maine temperature changes
- ☐ **1 plain white 100% cotton t-shirt** - to tie dye
- ☐ **1 bandana**
- ☐ **5 short sleeve T-shirts**
- ☐ **1 long sleeve shirts**
- ☐ **1 polar fleece vest -** nice, but not necessary
- ☐ **2 pairs shorts**
- ☐ **1 pair long pants** - jeans, khakis, sweatpants, etc.
- ☐ **2 sweatshirts**
- ☐ **5 pairs underwear**
- ☐ **5 pairs athletic socks**
- ☐ **1 windbreaker** - or anorak top or light jacket; good raingear will suffice.
- ☐ **1 belt**
- ☐ **1 pillow**
- ☐ **1 blankets**
- ☐ **1 set 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**
- ☐ **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 and tennis balls, Baseball/Softball glove and 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)

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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 KieveWavus 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.

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.

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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