



Camp Kennedy Personal Equipment Glossary

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

- Hiking Boots Boots **MUST** extend OVER the ankle. Boots must have good ankle support and be broken-in before camp starts. Low-cut dayhikers are NOT acceptable as hiking boots.
- 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
Uppers must be all canvas and cover the entire foot
Shoe must LACE up
*Converse All Stars 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.
- Hiking Socks Synthetic “wool” are recommended. SmartWool or Thorlo are fabulous. Sock liners are only needed if you are wearing natural wool.
- Lightweight, long sleeved work shirts Great for keeping away bugs and sunburn on trips. MUST button down and be 100% cotton.
- 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.
- 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.
- Fleece or wool sweater Fleece and wool are both warm, even when wet, and therefore essential to safety in the backcountry. A crew-neck, 100% wool or fleece pullover is a required item on all back-country trips.
- Thermal underwear ABSOLUTELY NO COTTON. Polypropylene or Capilene are ideal. Ask at any camping store.
- Sleeping pad A simple foam pad is sufficient. RidgeRest and Ensolite make a basic pad that is very comfortable. Inflatable pads are not recommended.

Sleeping bag If you are purchasing a new bag, keep this in mind:

- 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.
- 4) A nylon stuff sack with a drawstring is required. **MAKE SURE YOUR BAG FITS INTO YOUR STUFF SACK PROPERLY.**
- 5) Once stuffed, your bag **MUST NOT** exceed 10"x22". Smaller than this is great. Most bags weigh between 2-3 pounds.

Nylon Stuff Sack 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.

Utility straps Used for strapping things to other things and have 1001 uses in camp and the backcountry. Straps that are 18"-24" x ½" are recommended.

Duffel bag Duffels should be SIDE LOADING. Space is limited at Kennedy, therefore each camper is limited to **one** duffel. Sleeping bags, pillows, and hiking boots **DO NOT** have to fit in the duffel.

Knife Swiss Army brand is recommended. The **ONLY** items essential to your knife are a blade and a can opener, and the blade is not to exceed 3". The knife must also fold to close.

LOCKING BLADES AND LEATHERMAN KNIVES ARE NOT PERMITTED.

Water bottles At least three 32oz. (1L) bottles are required. Nalgene brand is recommended. Please **DO NOT** buy the Cyclone brand often sold as an option, because they do not fit in our packs.

Bug repellent **NO SPRAY CANS ALLOWED.** A strong concentration of DEET is needed. Controlled Release DEET by Sawyer Products or Muskol in cream form recommended.

Biodegradable shampoo/conditioner Please check the back of the bottle for the label "Biodegradable." Check your local food co-op for good brands.

Biodegradable soap Dr. Bronner's or Campsuds are the only soaps we will be using in the backcountry. The soaps are highly concentrated, so a small bottle will be sufficient.

PLEASE IDENTIFY ALL PERSONAL ITEMS AND EQUIPMENT

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

Camp Kennedy Clothing & Equipment List

Essential List: You must bring these items.

Please do not bring more than the specified quantity

- () 1 Hiking Boots – BREAK IN BEFORE CAMP!
- () 1 Daily wear closed-toed shoes
- () 1 Wet shoes (Old tennis shoes, Converse)
- () 4 Hiking socks (Wool or Synthetic)
- () 10 Athletic socks for daily wear
- () 2 Lightweight, LONG sleeved work shirts
- () 2-3 Long sleeved shirts
- () 2-3 Hiking pants – light weight, quick dry
- () 2 Around camp pants (Jeans, cargos, etc)
- () 2-4 Shorts – at least one nylon (sport shorts)
- () 10 T-shirts
- () 2 Sweatshirts
- () 14 Underwear
- () 2 Bathing suits – at least one that is SUPPORTIVE
- () 1 Raincoat – NO PONCHOS
- () 1 Rainpants
- () 1-2 Fleece or wool sweater – NOT BULKY
- () 2 Thermal underwear top/bottoms – NO COTTON
- () 1 Thin wool or fleece gloves – NO COTTON
- () 1 Sun hat – anything with a brim
- () 1 Wool or fleece hat – NO COTTON
- () 1 20°F sleeping bag w/stuff sack – NO DOWN
- () 2 Ditty bags for toiletries/personal items
- () 2-3 Nylon stuff sack
- () 1 Sleeping pad w/ strap – NOT INFLATABLE
- () 2-4 Utility straps – 18-24” by ½”
- () 1 Daypack – must have 2 shoulder straps
- () 1 Heavy weight Laundry bag
- () 1 Bathrobe – protect from bugs after shower!
- () 1 Side loading duffel – ONE per camper
- () 1 Knife – NO LEATHERMAN/LOCKING BLADE
- () 3 32 oz. water bottles (Nalgene, Sigg)
- () 2 Large towels for in camp
- () 2 Small towels for trips (Quick dry are nice!)
- () 1 Flashlight – headlamp if possible
- () 4-99 Bandanas – One million uses

Personal Items:

- () Sawyer’s Controlled Release DEET bug repellent
- () Biodegradable shampoo/conditioner – Check labels!
- () Biodegradable soap – Dr. Bronners or Campsuds
- () Camera w/ extra film/memory cards
- () Extra batteries for flashlight/camera
- () Extra glasses (MUST HAVE IF YOU WEAR CONTACTS)
- () Spending money (NO MORE than \$50)
- () Sock liners (ONLY if wearing wool hiking socks)
- () White clothing for Tie-dye
- () Sunscreen, toothpaste, deodorant (unscented)
- () Mesh bags for storage in cabins
- () Pillow/pillow case
- () Fitted twin sized sheet for in camp
- () \$25 t-shirt money (in a sealed envelope w/ camper’s name)

Optional:

- () Whistle
- () Compass
- () Backcountry pack (camp provides packs for all campers)
- () Carabineers (great for Nalgene bottle)
- () Fishing pole
- () Guitar/tambourine/harmonica/kazoo/hand drums/Jaw harp
- () Playing cards/travel board games
- () Reading material
- () Journal
- () CamelBack or water bladder – 1 to 2 Liter Max.
- () Blankets, sheets for in camp
- () Costumes/funky hats/unusual footwear

Required Identification:

- () **LICENSE OR SCHOOL ID WITH A PHOTO**
- () **PASSPORT or PASSPORT CARD**