



Camp Chewonki for Girls Equipment List Camp Chewonki for Girls - Allagash Canoe Three-Week Canoe Trip

Please read the entire list very carefully. You must have all of your equipment before you arrive at Chewonki; there will be no time to shop once you arrive. *All clothing and gear must be well marked with participant's name.* Many of the items listed below can be found in the Maine Camp Outfitters catalog. We also provide some equipment rental such as dry bags and backpacks; please refer to the enclosed equipment rental form. If you are renting a dry bag or back pack, please bring all items to Chewonki in a large duffel bag labeled with participant's name.

REQUIRED ITEMS:

- Dry Bag - Boundary Pack 115 or Pro Pack 115 X-Large (6,938 cu. in.): *available for rent if need, see attached rental form*
- Day pack or small dry bag for day items and short hikes
- Sleeping bag: synthetic three season bag (15°-35°F)
- Stuff sack (for sleeping bag)
- Sleeping pad (closed-cell Ensolite, RidgeRest, or ThermoRest)
- Rain coat with hood: good waterproof quality
- Rain pants: good waterproof quality
- Wet shoes for river crossings: i.e. old sneakers, neoprene booties with soles, or sandals with a heel strap worn with neoprene socks (*see FOOTGEAR notes*)
- Dry shoes: warm and comfy for around camp: i.e. L.L. Bean boots, sneakers, lightweight hiking boots, or Crocs
- Chewonki Girls Camp t-shirt (*see Maine Camp Outfitters order form*)
- 1 Small towel (hand size) or Pack Towel
- 2 Bandanas
- Toilet kit - biodegradable soap, shampoo & conditioner (i.e. Dr. Bronners, CampSuds), toothpaste, toothbrush, hand cream, tampons, pads, etc. Small bottles (approx. 3 oz.)
- 2 bottles Insect Repellent (*avoid any repellent with concentration of 70% or more DEET*)
- Insect Headnet (No See Um Proof)
- Bug Jacket (zip-down front)
- 1 bottle Sun Screen (minimum spf 15)
- Sunglasses (100% ultra-violet light block) w/neck strap
- Chapstick with sunscreen
- Head Lamp (recommended) or small flashlight (*new batteries prior to leaving home*)
- 1 Set spare batteries for headlamp/flashlight
- 2 Durable, one liter Water Bottles
- Journal or Notebook - pencils, stationery, stamps, envelopes etc. in a Ziplock bag
- 3-4 extra stuff sacks for organizing clothes/gear
- 12 1-gallon Ziplock bags

PLEASE read CLOTHING note on BACK of page

- 2 T-shirts (MUST be synthetic)
- 1 Long sleeved shirts (synthetic)
- 1 Set synthetic/poly long underwear, top and bottom
- 1 Warm jacket: wool, synthetic, or fleece
- 1 Sweater/pullover: wool, synthetic, or fleece (Cotton sweatshirts are NOT acceptable)
- 1 Nylon windbreaker or lightweight rain jacket
- 3 Pair warm wool/synthetic socks
- 3 Pair lightweight wool/synthetic hiking socks (i.e.: *SmartWool, Throlo, Merino Wool*)
- 5-7 Pair underwear
- 2 Sport Bras
- 1 Pair pajamas (lightweight long underwear works well)
- 2 Shorts: quick drying and lightweight (no cotton)
- 2 Swimsuits
- 2 Pants (MUST be nylon or synthetic)
- 1 Warm hat (wool, polypropylene, or fleece)
- 1 Pair lightweight gloves or glove liners
- 1 Full brimmed hat: for protection from sun and rain

OPTIONAL RECOMMENDED ITEMS:

- Nylon wind pants
- Spare Headnet
- Spare sunglasses
- L.L. Bean Boots or lightweight hiking boots- both comfy and broken-in
- Camera and film in a waterproof container
- Knife: pocket knife with locking blade or small sheath knife (only 1 knife per participant)
- Binoculars
- Fishing Equipment
- Musical Instruments: tin whistle, recorder, harmonica, etc.
- 2-3 paperback books to read and share; deck of cards
- Crazy Creek or other soft, foldable chair
- Paddle (*if have a special one, otherwise Chewonki provides*)

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SPECIAL EQUIPMENT NOTES:

Packing: Your gear will go in the extra large waterproof duffel or river bag *with shoulder straps*. The #115 Boundary pack or #115 Pro Pack are both excellent choices for this trip and are available for rent. All your clothing including sleeping bag and pad should fit inside this pack. While packing, remember that you will be carrying this pack on portages.

Footgear: It is important to have one pair of shoes (not leather) that can be worn in the water that will stay put *and* protect your toes. We recommend neoprene booties with soles or water shoes. Sandals are adequate but must be worn with a neoprene sock and have a heel strap so they stay securely on your foot. Crocs can be worn around camp but are NOT suitable for moving water. We also recommend a pair of 10-14" LL Bean Boots (rubber bottom, leather top) or lightweight hiking boots with ankle support to wear on cool wet days and for some portaging. Sandals and Crocs are great for relaxing around the campsite and allowing your feet to breathe but are not appropriate for safety reasons to wear while canoeing in moving water, cooking, sawing, or splitting wood. **Participants may not be barefoot at any time.**

Raingear: The importance of raingear cannot be over stressed. **A waterproof rain jacket and rain pants are required.** The jacket should fit over several layers of clothing. Many rain suits need to have seams sealed with a water repellent. It is a good idea to try your rain suit out in a cool spring rain prior to your trip.

Insect Headnet: A Headnet and a Bug Jacket are required and should be No-See-Um proof. Headnets are available in two mesh sizes - **make sure you get the smallest.** Please get a front zip-down Bug Jacket, a great example is "The Original Bugshirt" (www.bugshirt.com). Black Fly and Mosquito populations vary greatly from year to year. Black flies should be expected during the first week to 10 days of the trip and then they die down and are usually gone by the 2nd week in July.

Fishing Equipment: A lightweight spinning rod and reel or fly rod are both good choices for this trip. Bring along some lures such as Daredevils, Mooseluk Warblers or Rappalas for trolling on lakes, some smaller spinners such as Mepps for use on streams for brook trout, and a selection of dry flies and streamers if you bring a fly rod. Maine residents who are 16 or older need to purchase a fishing license. Non-residents who are 12 and older also need to purchase a non-resident license. A license can be obtained in many sporting goods stores in Maine or online: www5.informe.org/online/moses

***CLOTHING: Please bring Wool/Synthetic/Thermals:** *Polartec, Duofold, Capilene, Thermax, HotChilies, Polar Plus, polypropylene, fleece, nylon, and wool* are all fabrics that work well in a wet environment as they absorb little moisture and dry quickly. **These fabrics retain their insulating properties when wet (cotton does not).** Please include the required non-cotton thermals and check the clothing labels to avoid poly/cotton blends. Although an investment, the importance of synthetic clothing cannot be overstated and is worth the money living in the wilderness.

DO NOT BRING: ipods, Discmans, electronic games, portable computers, cell phones, Blackberrys, comics, magazines, candy, gum, or other food. You will have no use for money. If you need any of these items for travel before and after the trip, they will be collected the day you arrive and stored in a locked safe until the day you depart.

Please feel free to contact us with any questions concerning the preparation and packing for your child's trip.

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