

ROARING BROOK CAMP CLOTHING AND EQUIPMENT LIST- 4/6 WEEKS

IMPORTANT: All clothing and equipment should be identified by full last name so that it may be sorted in the laundry or returned if misplaced. The purchase of laundry tags can be helpful. Use a laundry pen, permanent marker or engraver for the remaining items. **It is requested that each camper have a laundry bag with their last name clearly written on the outside.** You are encouraged to make a list of all items sent to camp and attach this list to the inside top lid of your child's trunk.

To adequately prepare a boy for Roaring Brook, serious consideration must be given to the selection of appropriate outdoor clothing. Your child will need to bring clothing that will withstand heavy use and provide adequate warmth in the cool New England climate. These clothes should allow your child to adapt to the weather and to his level of physical exertion. The best way this can be done is through wearing complimentary lightweight garments rather than one or two bulky ones. This technique is known as layering. Comfort is achieved by removing or adding layers as needed.

On some mountain trips the weather will be cool enough that people need to begin the day dressed in five layers: (1) underwear, (2) long underwear, (3) pants and shirt, (4) sweater or synthetic fleece, and (5) jacket (note: this is just an example, other combinations/types of clothes may be used to achieve five layers). As they begin to hike or warm up, they will peel down to fewer layers and change to shorts. When they climb to above treeline, things begin to cool off and the layers will be put back on as needed. Each layer must add warmth and allow ventilation without hindering mobility, while adding as little weight as possible. Another aspect of clothes for use on trips is their compressibility (How much room do they take up in the pack or duffle bag?). We suggest that after you have selected what will be taken to camp, you try packing enough clothes for an overnight trip into a backpack or duffle bag to see if it fits with some room left over. Don't forget to check to see that the sleeping bag fits in or on securely to the backpack so that it doesn't shift from side to side or eventually fall off and fits in the river duffle with room to spare.

One concern is the question of expense. We often hear that it is hard to justify buying good equipment when a child will only use an item one summer, outgrow it, or abuse it. These are legitimate concerns, but we like to think that most of our campers will be returning year after year (our records indicate that most do). Good equipment will go a long way in making an enjoyable experience. It is difficult to enjoy a trip when your backpack is digging into your shoulders, your feet have blisters, and your rain gear or canoe duffle leaks. Most of the items on this list you will already own or can obtain by the least expensive manner. Generally, clothes that are no longer suitable for school or play do just fine. **There are a few items that we consider a priority. These will be identified by an asterisk (*).** The asterisk means that serious thought and consideration should be given to the selection and/or purchase of this item. We will try to give suggestions on the following pages for each of the * items. If you have any questions or if we can be of assistance in any way, please call toll free (800-832-HAWK).

Following is a list of suggested catalog-based outdoor equipment suppliers:

L.L. Bean	R.E.I.	Campmor	Cabela's	Patagonia
Freeport, ME	1700 45th St. East	P.O. Box 700-E	812-13th Avenue	P.O. Box32050
04033	Sumner, WA 98390	Saddle River, NJ 07458	Sidney, NE 69160	Reno, NV 89533
800-221-4221	800-426-4840	800-226-766	800-237-4444	800-638-6464
www.llbean.com	www.rei.com	www.campmor.com	www.cabelas.com	www.patagonia.com

Eastern Mountain Sports- There are many Eastern Mountain Sports stores in the Northeastern United States. This is a good resource for advice, equipment sizing and gear.

We will be happy to discuss equipment recommendations based upon items in these catalogs. For best results, have the catalogs and a list of your child's measurements when you call.

CLOTHING

- _____ 2 PAIRS NYLON ZIP-OFF PANTS/SHORTS- For hiking/canoe trip. These can be purchased at major outdoor retailers (LL Bean, Eddie Bauer, EMS, REI) or sporting goods shops such as Dick's. These adjustable pants are critical both in and out of camp when the day starts cool, becomes warm and returns to cool by evening. The same is true for the prevention of insect bites. We need to wear long pants at dusk and dawn.
- _____ 3-4 PAIRS LIGHTWEIGHT SYNTHETIC PANTS- No Jeans or cotton pants please. Columbia, White Sierra, Campmor sell inexpensive outdoor pants and many outdoor companies such as LL Bean, REI, EMS, etc. have company brand pants at lesser prices). Pants are worn much more often than shorts at this camp.
- _____ 7 PAIRS SHORTS (include hiking, running and gym shorts)
- _____ 10 PAIRS UNDERWEAR BRIEFS/BOXERS etc.
- _____ 2 SWIM SUITS (nylon preferred as it dries faster; be sure they are well above the knee for swim instruction) Canoeists wear nylon boxer style swim or running shorts with a liner as paddling shorts. Cotton brief or boxers are not used while canoeing since they cause rashes and chafing. They change into regular underwear and dry pants in the evening.
- _____ 1 SET LONG UNDERWEAR* (thermax/thermastat/caprilene etc.)(No cotton long underwear). This is not an optional item. We consider long underwear a vitally important part of outdoor gear.
- _____ 7 PAIRS ATHLETIC SOCKS
- _____ 2 PAIRS HEAVY HIKING SOCKS* (smartwool/thorlo/coolmax/thermax/thermastat/ etc.)
- _____ 2 PAIRS THIN LINER SOCKS* (polypro/thermax/thermastat/silk etc.)
These are important for blister prevention.
- _____ 2 LONG SLEEVE POLYESTER WORK SHIRTS-
- _____ 7 T-SHIRTS- with a few Cool-Max/Under Armour/synthetic or nylon soccer/baseball shirts for trips.
- _____ 1 LONG SLEEVE COTTON FLEECE SWEATSHIRTS- HOODED. For in camp fitness activities.
- _____ 2 WARM PULLOVER or CARDIGAN STYLE FLEECE*
Synthetic fleece (i.e.: Polartec etc.) has replaced wool as the outdoor fabric that is warm, lightweight and dries very fast. The cost is comparable to a good wool sweater.
- _____ 1 NYLON WINDJAMMER, SHELL or LIGHT JACKET
- _____ 1 LIGHTWEIGHT COAT/PARKA, SHELLED FLEECE COAT OR DOWN/SYNTHETIC VEST
- _____ 1 FULL RAINSUIT- JACKET AND PANTS*
Good quality hooded jacket with pants that are made from one of the following: Urethane- coated nylon; Gore-tex; or any of the many breathable/waterproof fabrics on the market. We do not permit ponchos or PVC vinyl or thin plastic suits. In addition to rain protection, these suits serve as a main source of heat preservation and wind protection for backpacking and canoeing trips.
- _____ 1 WARM KNIT HAT* (polypro/wool/synthetic)
- _____ 2 BASEBALL HATS
- _____ 1 SUN HAT* (with ear/neck protection)
- _____ 1 PAIR LINER GLOVES* (polypro/thermax/thermastat)
- _____ 1 BANDANA
- _____ 3 PAIRS SNEAKERS (one pair, at least, suitable for jogging/running)
- _____ 1 PAIR NON-LEATHER SNEAKERS/SHOES (for canoeing, wading)
- _____ 1 PAIR LIGHTWEIGHT HIKING BOOTS*
Ankle height "sneaker boots" made of synthetic or leather, with nylon inserts (the fewer the drier) with a flexible, deep-tooth soles. Heavy, stiff boots cause more pain than any other aspect of backpacking. ALL SHOES SHOULD BE WELL BROKEN- IN BEFORE CAMP. An all leather boot, is still the driest and offers the best foot protection, but is not necessary in our short-term program.
To check the boot for fit: (1) place the foot in the boot wearing the two pairs of socks to be used for hiking. The thin pair prevents friction next to the skin and transfers moisture, the heavy pair absorbs moisture and acts as a cushion; (2) place the foot on the floor, with the boots unlaced slide the toes forward so that they touch the front, there should be about 3/8 to 1/2 inch for you to insert a finger behind the foot and touch the inner sole; (3) Tie the boot snugly, the toes should no longer touch the front of the boot even when you try to force your toes forward. Generally, boots should have plenty of toe room but be snug everywhere else and; (4) Make sure when the boots are tied; the ankle section fits snugly to the leg. Many boots are too large in this area, requiring constant retying of shoes.

EQUIPMENT

_____ 1 FOOTLOCKER*

There are many choices in footlockers today, including plastic products from Rubbermaid or Sterling at Wal-Mart, K-Mart or other discount stores; wooden (military surplus), metal and combi-board models. 36"L x 20" x 20"H (estimated) is best. A footlocker is required for this camp. Please do not send duffels or suitcases.

_____ 1 BACKPACK* and RAIN COVER (rain cover optional, 3 mil contractor garbage bags can sent as a substitute)

The correct size for your son, with minimum of 3600 cubic inch capacity, padded shoulder straps, and padded hip belt. Internal frame packs are preferred; there are several models that permit adjustment as the individual grows. At present "Camp Trails" and Kelty seem to offer the highest quality for the most reasonable price in youth sizes. Old "scout" or generic-name packs will not suffice. These packs have caused campers pain.

_____ 1 DAYPACK with SHOULDER STRAPS* (i.e.: book bag)

_____ 1 SLEEPING BAG with WATER RESISTANT NYLON STUFF SACK*

Junior 5'5" and under, Regular 6'0" and under and Tall 6'and over.

A lightweight summer bag (good for 20-40F degrees) will suffice. Down filled bags are highly compressible and lighter, but useless if wet. Synthetic bags (Polarguard, Qualofil, etc.) are less expensive and will insulate if wet, but are heavier and bulkier than down (they generally need a compression stuff sack). Regardless of fill, the bag must properly fit in/on the backpack; mummy styles are lighter than rectangular models. Adult size bags do not work for small people since there is too much dead air space which must be heated before the bag will keep you warm and generally do not fit inside or on junior backpacks. For their own independence, boys should be able to stuff and pack their own bags.

_____ 1 SLEEPING PAD* (Closed-cell foam or thermarest)

Full-length to provide protection for sleeping bag from dampness and dirt, provide comfort and insulate from the ground.

_____ 1 SET SLEEPING BAG STRAPS (optional, nylon only if needed for sleeping bag or sleeping pad attachment to pack)

_____ 1 WATERPROOF DUFFLE/GEAR/RIVER BAG* for the canoe trip.

This should be made of heavy duty nylon-reinforced PVC with shoulder straps for portaging (carrying); size should be 9 X 16 X 25 inches or 3600 cubic inches or 70 liters. Very large bags are a problem for campers on the trips. They are limited in the amount of gear they must carry. If the volume of gear doesn't match the size of the duffel, it rolls down below the ties and will leak. If bags are too small, however, they can't be closed tight. The camp has a very limited supply of used duffels to loan if you cannot obtain this item. Cabela's has the best price for this item, by catalog.

_____ NYLON STUFF SACKS (optional) for organizing things in backpack and river duffel.

_____ 2 WIDE-MOUTH PLASTIC WATER BOTTLES (1 Quart)

Nalgene bottles are best. No canteens please. First time campers receive 1 engraved gift bottle.

_____ 1 HEADLIGHT* (There are many less expensive options for this at Wal-Mart and K-Mart)

_____ 1 SMALL FLASHLIGHT

_____ BATTERY SETS AND EXTRA BULB

_____ 1 POCKET-KNIFE* (simple Swiss Army design) Note: Large scale "survival" knives with blades over 5 1/2", multi-tools and serrated edge knives are prohibited.

_____ 1 ORIENTEERING COMPASS (optional) Only base-plate, liquid-filled, specialized orienteering compasses are used at camp.

LINEN

_____ 2 WASHABLE SLEEPING BAG LINERS

Liners may be purchased or made from a sheet folded lengthwise and sewn across one end and side.

_____ 1 SET SHEETS AND BLANKETS (optional)

Some campers prefer bedding in camp. Highly recommended for campers who have experienced enuresis. For this case, send bedding or two sleeping bags, an old bag for in camp.

_____ 1 PILLOW AND PILLOW CASE

_____ 4 BATH TOWELS AND 1 HAND TOWEL

_____ 1 HEAVYWEIGHT LAUNDRY BAG (last name printed on the outside in large letters)

PERSONAL ITEMS

_____ 1 TOOTHBRUSH AND 1 TOOTHPASTE, 1 COMB OR BRUSH

Note: Soap and Shampoo are provided by the camp and should not be sent.

_____ 1 PAIR SUNGLASSES (with UV protection)*Fragile, expensive sunglasses are discouraged.

_____ 1 BOTTLE SUNBLOCK* (30PF at least), 1 CHAPSTICK with SUNBLOCK*

_____ 2 BOTTLES DEET-BASED LIQUID INSECT REPELLENT* (No aerosols)

"Ben's" or the equivalent with 95% active ingredient N, N-dimethyl meta-toluamide is recommended. For short-term use, the risk of infection from scratching bites outweighs possible effects of exposure to a chemical.

MEDICAL, OPTICAL AND DENTAL NOTES:

_____ PRESCRIPTION MEDICATIONS with INSTRUCTIONS if currently used.

The Directors must approve the use of medications before a camper arrives at camp. Note: Over the counter medications (OTC) are not necessary. The camp has ample supplies of OTC medications in children's and adult dosages. OTC medications are not permitted in living areas. This includes homeopathic as well.

Vitamins and supplements are not permitted in camp. Please do not bring these to camp.

_____ Glasses are preferred over contacts, due to the wilderness environment. Disposable contacts can be tried if ample numbers of pairs are brought. Both glasses wearers and contact users should bring a set of back-up glasses. Send the appropriate size screws and screwdriver and glasses holders.

_____ Campers wearing braces should be sent with a supply of dental wax to cover broken wires. Please!

OTHER ITEMS

_____ STATIONARY SET WITH ATTACHED STAMPS (Peel and Seal envelopes and pre-addressed is recommended) A set of pre-stamped postcards works better.

_____ ZIPLOCK BAGS (to protect books, stationary, clothes and supplies)

_____ FISHING TACKLE (optional)

_____ ARCHERY TACKLE (optional) Challenge operates an Olympic target bow archery program.

_____ CAMERA AND FILM (optional) Please purchase enough film, it is very expensive at local stores and some of the specialized films cannot be located locally.

_____ OUTDOOR GEAR (optional) Any other outdoor gear which you would like to bring, such as: lightweight 2-person tents, kayak paddles, lifevests, kayaks, etc.)

_____ SPORTS EQUIPMENT (optional) Baseball gloves will be used or soccer balls etc.

_____ **RETURNING CAMPERS NOTE:** Don't forget your axe, knife, moccasins, canoe paddle or other items you made at camp.

REMEMBER THAT THE CAMP CANNOT BE HELD RESPONSIBLE FOR PERSONAL CLOTHING AND EQUIPMENT WHICH IS LOST OR DAMAGED. INDIVIDUALS CHOOSING TO BRING PERSONAL GEAR TO CAMP DO SO AT THEIR OWN RISK. WE DO OUR BEST TO PREVENT LOSSES, BUT PEOPLE DAMAGE OR LOSE ITEMS WITHOUT MEANING TO.

ITEMS, WHICH SHOULD NOT BE BROUGHT TO CAMP

NO- Walk-man; compact-disc player; radio; or other sound "boxes"; electronic games; or musical watches which have electronic games.

NO- Food brought to camp or sent from home.

NO- Illegal or immoral paraphernalia, drugs, alcohol, or tobacco in any form. Campers will be sent home without refund for use or possession. No posters, t-shirts, clothing, pictures, books, articles with obscene/offensive or suggestive topics.

NO- Expensive jewelry, watches, or personal belongings of high value (they may become lost or damaged). ALL PERSONAL MONEY (sent only with those campers traveling by air/bus) SHOULD BE LEFT ON DEPOSIT WITH THE DIRECTORS.

Contraband/expensive items brought to camp will be held in safekeeping until the end of the session, and then returned.

EQUIPMENT NOTES

Each summer, new types of outdoor equipment appear at Roaring Brook. Some equipment has been a great asset to the program, such as the development of lightweight, sneaker-type, hiking boots and; internal frame packs. Others, however, have led to inconvenience and even injuries among campers. Through our experiences, we have determined that there are certain types of equipment we would prefer not to have on the property, or to have used in certain settings.

KNIVES (all campers)

In recent years, campers have brought ever-increasing expensive and dangerous knives to camp. Their use has resulted in injuries requiring medical attention. Of special concern are Leatherman/Gerber Multiplier and similar type knife-tools. The cutting blade on these tools is longer, thinner and much sharper than on the average Swiss Army type knife. These are designed to be used by adults who are professionals in fields such as emergency medicine, ski patrol and the military. These tools will cut through skin and lower tissue structures with the precision of a scalpel so quickly and efficiently; a person does not even realize he/she has been cut! These tools also require a more complicated maneuver to get the blades back in. We have decided to hold any multi-tools that arrive in camp in the Director's shelter until the end of the session.

No camper requires a knife larger than a standard issue Swiss Army knife, which, since we have so many, needs to have the camper's name engraved or written on it. No camper requires more than one knife in camp. A sheath style knife can be made at camp.

OUTDOOR SANDALS/WHITEWATER-CANOE-KAYAK SLIPPERS (4/6 week camper note)

Outdoor rubberized sandals/and water slippers have become very popular. They can be used in camp, much as old style flip-flops, for going to and from the waterfront. They are not appropriate, however, for our canoe trip, which operates in remote, rugged wilderness areas. Depending on the trip, there may be overland portages, walks upstream in the river and the necessity of walking down river at low water. For this reason, full foot protection is essential on canoe trips. A foot injury in camp is easily treated. A foot injury on a canoe trip can cause the severe delay or cancellation of the trip if we have to go out to seek medical attention. We pay strict attention to safety and smallest details when we are away from the camp environment. Following our first experience with outdoor sandals at camp, we decided that campers would not be permitted to use them during the canoe trips. They may use them as bus shoes.

JEANS (all campers)

Jeans are a nuisance in our laundry system, where drying time is double the rest of a camper's wash. Jeans can be dangerous in the wilderness environment due to their cotton content. They are not permitted at camp.

SLEEPING BAGS (4/6 week campers note)

Be sure the sleeping bag you choose will "stuff" to a size that fits into both an internal frame backpack and a 70-liter river duffel with room to spare for clothing and equipment. Each summer we have been faced with the dilemma of trying to match oversized sleeping bags to small packs or river duffels. If the pack gets too big, (to accommodate a large sleeping bag) it is difficult for campers to carry. A river duffel larger than 70 liters may not fit into its space inside the canoe. Old style flannel and kapok sleeping bags (the ones with pheasants and other wildlife inside!) should be avoided. Not only are these too big to stuff appropriately, they are useless when damp.

CAMERAS (all campers)

We have received numerous requests from campers to purchase single-use cameras during camp sessions. At the same time, some parents have expressed concern over the amount of money spent by their sons during camp. These cameras are expensive enough, at \$13.00-\$15.00, that we no longer feel comfortable in purchasing them during the session. If you would like your son to have one or more single-use cameras, we ask you to purchase them in advance. These cameras take good photographs in daylight and allow campers to preserve memories of friends and camp without risking a real camera in the outdoor environment.

LABELS (all campers)

We cannot stress how important it is that absolutely every item brought to camp has a camper's name on it. This includes items you might not think require labeling such as bottles of insect repellent, sun block, tubes of toothpaste, even toothbrushes. When a group of children have multiple containers of the same item, some of it ends up misplaced or switched around. This can upset campers, especially younger boys.

We have amassed a large collection of unlabeled towels in the kitchen, "donated" by unknown campers. Each year we end up with expensive clothing, shoes, knives, and flashlights on which there is no name and for which no one calls. Roaring Brook operates as a boy's world each summer, and despite the Director's and staff efforts to keep campers organized, the pace of the program, (which is one of the main reason's campers return each summer), overwhelms even the most organized among us. Laundry at camp is done, family style, with mixed bags arriving from each shelter, divided by type of clothing. We want campers to return home with their clothing and equipment. Labels help us sort it all out.

We have also learned that some campers are truly unaware of what they brought to camp. Take the time to go over trunk contents with your son. We also ask that you be understanding of the fact, that despite our best efforts, equipment and clothing does get lost or damaged in the wilderness environment. Counselors complete sweeps at every rest and camping stop on trips; counselors bring clothes from activity areas after each period; a lost and found is held at lunch; counselors pack each camper's trunk at the end of the session; a lost and found line is hung at the Main Shelter on closing day and; packages of labeled clothing and equipment are mailed out after each session. We don't really know what more we can do to prevent loss.