

## ***IMPORTANT! Please Remember...***

Adventurers spend 99% of their time outside, so it is important to keep the following clothing considerations in mind. As the following guidelines show, we recommend lightweight, durable, quick-dry clothing, a well-broken-in pair of boots, good rain gear, and lightweight toilet accessories. Adhering to our packing tips will help to ensure your comfort in the outdoors.

- When packing for your adventure, please think small, light, and quick dry!!! Stay lightweight, since you will be packing all of your belongings into a backpack that you will be carrying on your back.
- Clothing items made of fleece, polypropylene, wool, or coolmax, which wick moisture away from the body and dry quickly, are much better than items made of cotton, which are *heavier* and *slow drying*. Please *do not* bring cotton, except for t-shirts and underwear. Old sports jerseys and shorts are often made of moisture-wicking material, so you might consider bringing them.
- Bring clothes that you don't mind getting DIRTY!!!
- To avoid foot problems, please **BREAK IN** any new shoes/boots for *at least* two weeks before arriving.
- Buy (or transfer to) trial size bottles for personal care items to reduce bulk and weight.
- We *provide* an all-purpose biodegradable soap for bathing and washing clothes using environmentally sound, backcountry techniques.
- We *do not* recommend daily wear contact lenses, which may be hard to keep clean. Be sure to pack a pair of glasses if you choose to wear contact lenses. Please bring spare glasses if you have them just in case your glasses break. Eyeglass retainers should be worn for all activities.
- *Do not* bring valuables such as watches, electronic equipment, jewelry, money, etc. We *cannot* be responsible for damage, loss or theft of such items. These items will not be allowed on the trail.
- For safety reasons, any jewelry or piercing must be studded. Hoops are not permitted.
- For safety reasons, lighters, matches, and knives of any kind are not permitted, including pocketknives.

## What To Bring On Your All-Outdoor Adventure

For your convenience, many of the clothing items and most of the personal care items listed below are available at our Base Camp Store. Please refer to the ***Base Camp Store*** list included.

**CLOTHING:** The following items and quantities are *required* regardless of the number of weeks of attendance. Although this list may seem minimal, keep in mind that adventurers also carry group gear, food, and water.

- 3 T-SHIRTS (*not cotton if possible*)
- 2 NYLON SHORTS (*may also serve as a swimsuit*)
- 1 BATHING SUIT (*must be one-piece*)
- 3 PAIRS OF UNDERWEAR
- 3 SOCKS (*foot care is extremely important – polypropylene or thin wool – absolutely no cotton!*)
- 1 FLEECE TOP or THIN WOOL SWEATER (*no cotton sweatshirts, which are heavy and take a long time to dry*)
- 1 LONG UNDERWEAR SET (*for cold, rainy nights; lightweight – no cotton – we usually stock polypropylene in our store*)
- 1 WARM WINTER HAT (*for cool nights – our coldest week last summer was July 21-27, and adventurers were cold!*)
- 1 WATERPROOF, BREATHABLE RAIN JACKET (*waterproof is an absolute requirement!*)
- 1 NYLON PANTS (*for wind and rain*)
- 1 HIKING SHOES or BOOTS (*broken in!!! sturdy athletic shoes will suffice for 1-week sessions*)
- 1 WATER SPORT SANDALS or WATER SHOES secured with heel strap (*must wear while kayaking and canoeing*)
- 1 CHANGE OF CLOTHES (*for the trip home*) and BATH TOWEL, SOAP & SHAMPOO (*for shower at end of session – to be left at Base Camp*).

### PERSONAL CARE AND OTHER ITEMS:

Since our ultimate goal is to save weight whenever possible, we may consolidate these items upon arrival (i.e., several people can share one item). Use trial sizes for lightweight packing!

#### **Required**

- TOOTHBRUSH
- TOOTHPASTE
- INSECT REPELLENT
- SUNSCREEN
- EYEGLOSS RETAINER
- HAND SANITIZER GEL
- PEN & SMALL NOTEBOOK/JOURNAL
- INHALER, EPI, or ORTHODIC *if prescribed/recommended by physician, even if not used on a regular basis*

#### **Required**

- (7) HEAVY DUTY TRASH BAGS
- (5) ZIPLOCK BAGS PER WEEK (gallon size)
- FLASHLIGHT (pocket size – AA or AAA)
- EPI – PEN (if you have severe allergic reactions)
- BANDANA
- ANTI-BACTERIAL BABY WIPES

#### **Optional (\*)**

- \*(2) STUFF SACKS
- \*SUNGLASSES
- \*COMB/BRUSH (small)
- \*DEODORANT
- \*FOOT/BODY POWDER
- \*SMALL ABSORBANT CAMP TOWEL
- \*STAMPED POSTCARDS
- \*HAT (cap or visor for sun protection)

## What We Provide

### Items We Provide You

Backpack  
 Sleeping Bag/Liner  
 Foam Pad  
 Pillow & Case  
 Stuff Sack  
 2-3 Person Tent  
 Pack Cover  
 Bakepacker Cooking System

Whistle/ID Tag  
 Water Bag (Dromedary)  
 Water Bottle  
 Mug & Spoon  
 Food & Spices

### Items Leaders Carry

Staff Manual  
 Weather Radio  
 Epinephrine Kit  
*Emergency* Cell Phone  
 Maps & Compasses  
 ACA Approved First Aid Kit  
 Water Purification Tablets (Iodine Based)

Tarp  
 Pocket Knife  
 Trowel/T.P.  
 Biodegradable Soap  
 Extra Clothes & Food

In addition, we supply all appropriate equipment for participating in our adventure activities.

## Communication

**MAIL:** Mail is delivered to the participants at every available opportunity. It is a good morale booster and we strongly encourage your cards and letters. To reduce homesickness, don't write about things your child is missing back at home, and how much you and your pets miss your child. Instead, focus on camp and the fun activities your child is participating in.

Mail should be addressed as follows:

[Participant's name]  
 C/o WAEL  
 11176 Peaceful Valley Rd.  
 New Castle, VA 24127

You should allow at least 5 days for mail to arrive and be delivered. To facilitate delivery, **please indicate the adventurer's age group, length of session, and group letter (ask at check-in or call a few days before the session during business hours) on the front of the envelope.** You may wish to pack stamped postcards and a pen.

**CARE PACKAGES:** Over the years we have seen an increase in the quantity of care packages and as a result have begun to have concerns that groups are receiving too many care packages, which can ultimately affect their overall "wilderness experience". Please keep in mind that usually every person in the group receives a care package, which means a group of 12 receives at least 12 care packages...this can begin to take away from the experience. BUT, we understand that you still may want to send one so...it is important to carry a lightweight backpack and maintain a healthy diet while participating in our program, bulky care packages can be a cause of frustration for our group leaders. We ask that you observe the following guidelines if you choose to send a care package; packages that do not comply with the following will be kept at base camp until the adventurer returns:

- \_ Packages bigger than a shoebox cannot be delivered.
- \_ Please choose items needing minimal or no packaging material (such as Styrofoam peanuts).
- \_ Please send enough for the entire group (14). This helps with group morale and avoids resentment.
- \_ Chewing gum is prohibited (gum can ruin tents, sleeping bags, and other gear!).

**PHONE CALLS:** Due to the nature of our program and the all-outdoor experience we are promoting, adventurers **will not be near a telephone to call or to receive calls.** Please don't tell your children that they will be allowed to call home at any time, or if they are not having a good time – this just sets them up for homesickness. If you don't hear from us, just remember, "No news is good news." We tend to only call when your child is sick or having behavioral issues.

**WHEN WE WILL CALL YOU:** If your adventurer is returned to Base Camp for illness, injury, or disciplinary reasons, we will contact you using the information provided to us on the "Health History & Examination Form." Please make sure you have provided several contact numbers, including cell phone numbers, on that form.

**EMERGENCY CONTACTS:** If you should have an emergency or other need to contact your adventurer please call the Base Camp at (800) 782-0779 or (540) 864-6792. Base Camp phones are answered 24 hours per day during our Summer Youth Program. In the rare event that the phone is not immediately answered, please call back in a few moments, as we were most likely on another call. You may also contact our "Staff House" at 540-864-6795 in the event you cannot reach anyone.

## Base Camp Store

**Just call us at 1-800-782-0779 and we will take your order or if you have questions on what you want to purchase for your campers adventure. We should have an online store for some items setup by summer 2015. Check our website for details. Wilderness-Adventure.com**

Items stocked in the store

Crazy Creek Chairs, Long Underwear, Wool Hat, Rain Gear, Waterbottles, Toothbrushes, Tooth paste, Sunscreen, Insect repellent, Hand Sanitizer, Small Notebook, Bandana, Flashlight/headlamp, Anti-bacterial Wipes, Stuff Sacks, Sunglasses, Camp Towel, Postcards, Climbing Harness's, Nose plugs, and much more.

- To make it even easier for you we've marked the "Required" items so you can easily see which items are optional for your specific trip and which are required. This doesn't mean you are required to purchase the item through us, it just means it is a required item to have on your trip.
- Upon checkout you will have the option of having the items shipped to you – or – have them waiting at our Base Camp when your trip begins (this option is only available for trips originating in Virginia).
- On "Required" items we keep our prices ~10% below MSRP.

**Feel free to email ([Store@wilderness-adventure.com](mailto:Store@wilderness-adventure.com)) or call (800-782-0779) with any questions...just ask to speak to our Store Manager!**