



Clothing and Equipment List

Please bring exactly what is indicated on this list and check out the annotations for additional information. Avoid lots of extra items, as storage is limited at camp. If you have questions about anything, please ask. We also have some loaner gear available. It is not necessary to buy lots of new items to participate in this program, and gear cost should not be a barrier to participation. Because living space will be shared, **label each item clearly with participant name or initials.**

A NOTE ON COTTON, WOOL AND SYNTHETICS: While cotton is soft and comfortable and tends to be our preferred clothing material for everyday situations, it is not good for everything. **When it gets wet, it no longer keeps a person warm and it takes days to dry.** However, a lot of the best work clothing is cotton. **Wool and synthetics dry more quickly and retain warmth when wet.** However, not all clothing is available or desirable in wool or synthetics. **THIS LIST CONTAINS COTTON ITEMS AND WOOL/SYNTHETIC ITEMS. PLEASE PACK EXACTLY WHAT IS LISTED.**

Major gear:

Item	Intended use	Notes
Sleeping bag		A summer bag is fine, if possible, bring a bag that packs into a stuff sack. We can loan bags to those who need them.
Sleeping pad		An inflatable (Therm-a-rest) or closed cell pad is best. We can loan to those who need one.
Day pack	May be used for trail work or day hikes.	Please make sure this is something you can comfortably carry lunch and water in.
Waterproof stuff sack	As a liner to daypack	Heavy duty contractor bags also work.
Large duffel bag	Storing your stuff	This does not need to go in a canoe, but you will use it at camp.

Clothing:

Qty	Item	Intended use	Notes
2	COVID Facemask	Will need to wear occasionally to stay in line with state guidelines for summer camps	This should be a double-layer mask that fits the participant and stays on with minimal fuss. Please ensure that you have a well-fitting mask before arrival!
1	Rain jacket		Must be fully waterproof, not a poncho. Try to choose gear with sturdy seams.
1	Rain pants		

1	Complete set of "Town Clothes"	To leave at Cobscook institute for when camp is over.	Should include pants not shorts; cotton is ok
1	Long underwear top	Warm layer/sleepwear	Must be wool/synthetic
1	Long underwear bottom	Warm layer/sleepwear	
1	Fleece or wool warm layer		Must be wool/synthetic
2	T-shirts		One may be cotton, the other must be synthetic
2	Long-sleeved shirts		Must be wool/synthetic
1	Pair of heavy work pants	For trail work	Carhartt's are an example
1	Pair of quick-dry pants	For work in water	Must be synthetic
1	Pair of shorts		Must be synthetic
1	Swimwear		
1	Warm hat	It gets colder than you think!	Must be wool/synthetic
1	Hat with a brim	Sun protection	Straw doesn't do well in the rain
1	Pair of work gloves		
3	Pairs of wool/synthetic hiking socks		Must be wool or a synthetic hiking blend. Please - no cotton.
5-7	Underwear		We will wash onsite. Cotton or synthetic is fine

Footwear:

Item	Intended use	Notes
Sandals	Swimming, lounging	Must stay on foot – no flip-flops
Sturdy boots (waterproof is ideal)	Trail work, hiking	We have a few pairs of boots we can loan.
Old sneakers	Wet wading	Plan on never wearing them again after this summer
Another pair of shoes (optional)	Using in camp	Regular sneakers are fine.

Toiletries:

Qty	Item	Intended use	Notes
1	Small towel	Drying after swimming	Cotton is okay, as long as it is hand towel size. A yard of thin cotton quilting fabric works well too.
1	Toothbrush/ Toothpaste/dental floss		

1	Sunscreen and chapstick with SPF protections		Wind and sun can chap lips. Chapped lips are very uncomfortable.
2	Bandanas	One for face, one to dry off wet, dirty feet before getting into a tent	Cotton is fine
1	Lotion or salve	To keep working hands in good condition	Unscented is a plus
1	Container or bar of biodegradable soap		
Please avoid strongly scented products such as Axe – they are an irritant to some			
You may bring bug repellent as long as it contains no more than 30% DEET .			
Hair elastics if you have long hair			
If you menstruate, bring enough menstrual products for the duration of a period. Tampons and menstrual cups tend to be easier to manage than pads while camping.			
IF YOU HAVE PRESCRIPTION GLASSES OR CONTACTS, PLEASE BRING THEM EVEN IF YOU THINK YOU WON'T NEED THEM!			

Other items:

Qty	Item	Intended use	Notes
1	Headlamp		Bring extra bulb or spare light
2 sets	Extra batteries	For headlamp	
1	Sunglasses		Eye protection on the water - a
Lots	Plastic bags	To keep small items dry and separated	Gallon zip type
1	Pocket knife or multi-tool	All kinds of uses!	Must be a locking blade no longer than 2 inches
1	Food dish		Must be sturdy and labeled A Tupperware- type container with a locking lid is ideal. Should work as a plate or a bowl.
1	To-go mug	Hot drinks!	Should be easy to wash, and sturdy
2	Water bottles		1- liter with screw top
5	Writing utensils	Making lists, writing letters	
1	Notebook or pad of paper		Stamps and envelopes will be provided

Optional items:

Camera
Reading material
Art supplies, journal etc.

A musical instrument – remember, there is no electricity at the Wigwams camp
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Fishing supplies - We fish barbless at camp for safety.
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A deck of cards, cribbage, Pass the Pigs or other small non-electronic game

A belt if you use one

A packable (Crazy Creek –type) folding chair
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Chest waders and wading shoes
