

## Equipment list for BYM Residential Camps (Catoclin, Opequon, and Shiloh)

### Required Equipment:

- 1) **Frame backpack with shoulder straps and one piece hip belt** - It is essential the pack have padded shoulder straps, and a functional, one piece, padded hip belt. It must be possible for the hip belt to be tightened around your child's waist. This allows the legs to carry the bulk of the pack's weight, preventing back injuries. The pack must fit your child well. When the pack is full, no part of the metal frame should touch the camper's body. If you have doubts or questions about how to gauge the size of a backpack for child's body, contact a reliable outfitter. Beware of giving younger campers the backpack that his or her older sibling has used in the past. Too often, these packs prove to be large and unmanageable for the younger camper. We have found that old fashioned external frame backpacks are better for littler kids. Internal packs cost more and are much less adjustable. Used backpacks can often be made usable by ensuring a proper fit, fitting them with a padded hipbelt and padded shoulder straps, and replacing broken and worn out parts.
- 2) **Synthetic sleeping bag with stuff sack**- Flannel sleeping bags are simply too heavy for our backpacking program. We recommend a synthetic fabric bag filled with a synthetic fiber. Down filled sleeping bags become heavy and provide no warmth when wet. Stuff sacks are necessary. They make it possible to pack more quickly on the trail, make packed sleeping bags more compact, and offer protection against wet sleeping bags particularly when lined with garbage bags.
- 3) **Hiking shoes or boots** – already broken in, avoid new or newish hiking boots. We strongly recommend sturdy sneaker-type shoes in good condition, or well-broken in hiking boots. Make sure your child has a lot of socks. Some should be thicker than the normal tube sock, and at least one pair should be wool. Shoes must be worn at all times at camp.
- 4) **Foam pad for bunk** – 2-4" thick, 36in X 76in
- 5) **Closed toe water shoes or old sneakers** – sandals do not work well for this

See link "Where to Get Equipment for Camp" included in email and online for more detailed ideas of where to get equipment and what to get.

### Essential Items:

- Flashlight and extra batteries
- Ensolite pad for backpacking
- Mess kit (plastic bowl, spoon and cup)
- Rain poncho
- Two (1 quart) water bottles
- Swim suit and towel
- Toiletries (teeth cleaning, body cleaning, hair cleaning)
- T-shirts
- Long sleeved shirts

- Shorts (some synthetic)
- Long Pants (fleece or wool for warmth when wet)
- Synthetic or wool jacket
- Underwear
- Socks (at least two wool for hiking)
- Bug repellent
- Sunscreen
- Warm hat

#### Suggested Equipment:

- Pillow and sheets for bunk
- Bandanas
- White t-shirt for tie dye/crafts
- Writing materials/stamps
- Pajamas
- Laundry bag
- Reading material
- Journal or sketchbook
- Pocket knife is ok, but please let the staff know that your camper has one. Pocket knife use needs to be supervised so we may ask to hold it for the camper.
- Musical instruments
- Kleenex
- Sports equipment
- Daypack or book bag
- Permethrin based bug repellent, for deer ticks – to spray on hiking clothes and sleeping bag not on the person, before camper comes to camp!

#### DO NOT BRING

- Any item you cannot bear to lose
- Cell phones, ipods or electronic games
- Aerosol spray cans
- Fireworks, matches, lighters, candles, spark igniters, any type of fire starter
- Delicate clothing
- Jewelry
- Weapons
- Food or candy
- Drugs or alcohol (bringing these or the improper use of prescription drugs will result in campers being sent home)

## **A word about simplicity**

The Friends' testimony on simplicity is an ideal that we value at Camp. BYM Camps are a place where young people can experience the benefits of being unencumbered by lots of material things. Campers can discover the joys of participating in the simple pleasures. We discover what the environment and people all around us have to offer when the noisy distractions that demand our attention at home are set aside. It will be helpful for you to be mindful of this as you equip and prepare your campers for camp.

There are practical reasons to practice simplicity at camp as well. Camp is a place where material things do not fare well. It is not too far fetched to assume that the clothing and non-camping items which campers bring to camp will be ruined or lost during the summer. Many experienced camp parents take their campers to a thrift store to buy their camper's wardrobe. This frees campers from having to worry about their clothing and belongings while having fun in the wilderness.

It is also important for us to remember that our campers come from a broad range of economic backgrounds. Parents can help encourage this diversity by being sure that the things their children bring to camp are practical and functional rather than expensive and stylish. Campers do have occasional opportunities to spend money while on trips. They may also want to buy camp tee-shirts or sweatshirts (in the past they have cost \$10.00 and \$20.00). Tee-shirts are also available when campers are dropped off and picked up. Campers do not need large sums of money at camp. Money for campers to spend at their discretion could be \$5.00 to \$30.00, depending on camper's age, how long they will be at camp, and the preference of parents. Please remember that this money will probably be spent on "junk food." Parents and relatives can also keep the Friends' testimony of simplicity in mind when sending packages.