

## Equipment List for BYM Residential Camps (Catoctin, Opequon, and Shiloh)

This list is important; please read it carefully. Our goal is to provide exciting, challenging and positive outdoor adventures. Proper equipment, especially for the times spent on the trail, is essential for your camper's comfort and safety. Thank you!

### *Required Equipment:*

- Internal or external frame backpack with shoulder straps and a hip belt
  - It is essential that your backpack has padded shoulder straps, a padded hip belt, and sternum straps (across the chest). Please test fit the pack before coming to camp (add weight for an accurate fit!) and ensure that all straps can be tightened securely. This allows the weight to be distributed across the whole torso and into the legs, instead of resting mainly on the shoulders. The pack *must* fit your camper well - we don't want them to be uncomfortable when they hike! If you have doubts or questions about how to gauge the size and fit of a backpack, contact a reliable outfitter.
  
- Synthetic sleeping bag with stuff sack
  - We recommend a sleeping bag filled with a synthetic fiber. Down filled sleeping bags will absorb water and become heavy and less warm if they get wet, and flannel sleeping bags are simply too heavy. Stuff sacks are necessary for packing the sleeping bag tightly. Many campers also bring a "sheet sack" to line the sleeping bag on hot nights; these can be bought, or DIY'ed (fold an old twin top sheet in half long-ways and sew up the bottom and side).
  
- Hiking shoes or boots
  - Since we carry more weight on the trail than our legs are normally accustomed to, it is important to have sturdy hiking shoes which can provide the feet and ankles with extra support. If you plan to have your camper wear sneakers while hiking, check that they have enough support: grasp a shoe in two hands by the heel and the toe, and twist - it should feel very stiff, not bendy. There should also be ample room in the toe box, with a snug fit around the midfoot and heel. If you buy new shoes or boots, be sure to break them in by wearing for several days in the weeks leading up to camp! Wool socks for hiking are highly encouraged, as they wick sweat and help prevent blisters (wool socks are often thicker than other socks, so be sure that they fit in your shoes! Many people wear hiking shoes a half or whole size larger than their everyday shoes.)

- Foam pad for bunk
  - Select one that is 2-4 inches thick. The cabin bunks are single to twin size. You can also bring a pillow, sheet, and blanket to use in the cabin (a sheet is great for hot nights!)
  
- Water shoes
  - Water shoes are for canoeing, playing in the creeks, etc., and must protect the camper's feet. They must be close-toed and secure around the heel. Old sneakers work well. Crocs and open-toed sandals are NOT allowed to serve as water shoes (however these can be great in-camp shoes as long as they have a secure heel strap).
  
- Sleeping pad for trips
  - These are for comfort and insulation sleeping on the ground. Closed-cell foam pads are nice because they are quick to set up and won't absorb water. Inflatable pads are also acceptable (check first that they don't leak).
  
- Bug repellent spray (not aerosol cans)
- Tick-prevention spray (Permethrin)
  - Recommendation is to pre-treat clothes and sleeping bag before camp.
  - For more information, go here: [www.tickencounter.org/prevention/permethrin](http://www.tickencounter.org/prevention/permethrin)
  
- Waterproof raincoat or poncho
- Water bottles (at least 2)
- Flashlight and/or headlamp, and extra batteries!
- Mess kit (lightweight and non-fragile bowl and spoon for eating meals on the trail)
- Trunk or large plastic bin(s) to pack in (shallow bins fit better under bunks)
- T-shirts
- Long sleeved shirts (for warmth and/or sun)
- Shorts (some synthetic)
- Long pants (synthetic - not jeans)
- Synthetic jacket or fleece sweater
- Underwear
- Socks (wool and regular, bring several extra pairs)
- Sunscreen lotion (not aerosol cans)
- Warm hat
- Swimwear (a swimsuit, or anything your camper feels comfortable swimming in)
- Toiletries (shampoo, soap, haircare, toothbrush, toothpaste, menstrual products if necessary, etc.)

### *Recommended Items:*

- Pillow and sheets for cabin bunk
- Crocs, sneakers, or sandals for wearing around camp (must have a heel strap)
- Additional comfortable clothing to wear in camp
- Zip lock bags to help keep things dry on the trail
- Flip flops or shower shoes (to be worn only inside cabin and bathhouse)
- Bandanas
- Towel
- Sun hat
- Sunglasses
- Glasses strap
- Pajamas
- Laundry bag
- Day pack or book bag

### *Additional (Optional) Items:*

- Letter writing materials
- Reading material
- Journal or sketchbook
- Musical instruments
- Sports equipment
- White t-shirt for tie dye / crafts
- Disposable camera
- Playing cards or trading cards
- Spending money (\$5-30 for camp t-shirts/stickers/etc., or snacks if there's an opportunity - this may or may not come up)

### *DO NOT BRING:*

- Any item you cannot bear to lose or would not want to see damaged
- Cell phones, tablets, or electronic games
- Food or candy
- Fireworks, matches, lighters, candles, spark igniters, or any other type of fire starter
- Weapons
- Drugs or alcohol (bringing these or the improper use of prescription drugs will result in campers being sent home)

## **A note on the Quaker Testimonies and packing for camp:**

Quakers, or Friends, follow a set of 6 core values known as testimonies. They are Simplicity, Peace, Integrity, Community, Equity, and Stewardship (often remembered by the acronym S.P.I.C.E.S.). These testimonies provide a framework for much of the structure and philosophy at camp. You are welcome to visit <https://bymcamps.org/our-values/> to learn more!

While you and your camper(s) prepare for camp, we ask that you keep these in mind. In particular:

Simplicity - Camp is a wonderful opportunity to “get back to the basics” and experience the simple joys of connecting to nature and each other. For this reason, we ask that you please leave items like cell phones and electronic games at home. Since we are outside a lot of the time, we also recommend that you bring clothes and supplies which you are comfortable with getting dirty, wet, or otherwise damaged. We want your camper to be free of worries as much as possible, so pack in a way that helps them feel safe. Avoid bringing items that you cannot bear to lose.

Peace - Nonviolence at camp is extremely important. Please do not bring weapons or potentially dangerous items. This includes things that perpetuate non-physical types of harm, such as clothing or books with offensive language. Thank you for doing your part to make camp a safer space!

Stewardship - We are so grateful for the gifts of nature, and we want to care for the environment as best as we are able. On the trail we practice Leave No Trace (LNT) which means we leave nature as clean as (or cleaner than!) we found it. Please bring toiletries in rub/roll/squirt containers rather than aerosolized spray cans, to minimize the spread of pollutants. We pack out all trash, so consider avoiding individually packaged or single-use items where possible (e.g. bring a roll of floss instead of floss picks).

We are so excited to share this summer with you! Thank you for considering the Quaker S.P.I.C.E.S. as you pack.