

## Equipment List for BYM Teen Adventure

This list is extremely important; please follow it closely. Our goal is to provide exciting, challenging and positive outdoor adventures. Proper equipment is essential for your camper's comfort and safety. The discomfort caused by an ill-fitting backpack or inadequate shoes can dampen a camper's attitude toward backpacking, hiking and camping in general. Please help your teenager enjoy Teen Adventure!

### *Required Equipment:*

- 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.)

- 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).
- In-camp shoes
  - These are for wearing in the evenings around the campsite. They should be lightweight and have a heel strap. Examples include sandals and crocs.
- Sleeping pad
  - 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).
- Toiletries
  - This includes a toothbrush, toothpaste, and menstrual products if necessary. Small amounts of other hygiene products can be brought in travel containers as needed. Please do not bring soap, shampoo, or a towel, as there will most likely not be an opportunity to shower, and we do not want to contaminate natural bodies of water. Please also do not bring scented products such as deodorant.
- Waterproof raincoat or poncho
- 2-3 water bottles (or 1 bottle and a reservoir)
- Flashlight and/or headlamp, and extra batteries!
- Mess kit (lightweight and non-fragile bowl and spoon for eating meals on the trail)
- Sunscreen lotion (not aerosol cans)
- Dry bags or heavy-duty garbage bags (to keep clothes and sleeping bag dry)
- Clothes:
  - 2 synthetic t-shirts
  - 1 long sleeved shirt (for warmth and/or sun)
  - 2 pairs synthetic shorts
  - 1 pair synthetic long pants (hiking pants or lightweight fleece)
  - Synthetic jacket or fleece sweater

- Underwear
- 2-4 pairs of wool socks
- Warm hat
- Sun hat
- Swimwear (a swimsuit, or anything else lightweight and quick-drying that your camper feels comfortable swimming in)

*Recommended/Optional Equipment:*

- Bug repellent spray (not aerosol cans)
- Tick-prevention spray (Permethrin)
  - 1 Recommendation is to pre-treat clothes and sleeping bag before camp.
  - 1 For more information, go here:
    - [www.tickencounter.org/prevention/permethrin](http://www.tickencounter.org/prevention/permethrin)
- Zip lock bags to help keep things dry on the trail
- Waterproof pack cover
- Bandanas
- Sunglasses, glasses strap
- Letter writing materials
- Reading material, journal or sketchbook (small)
- Disposable camera
- Playing cards
- A clean set of clothes to wear the day trips get back
- 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, i-pods, 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)

**Remember:** You have to carry all this equipment in your pack, on your back, up and down mountains. **PACK LIGHT.** You must also leave half of your pack empty to carry group gear and food. Load your pack and try it on. Then add 15 pounds of canned food! Make sure that it fits well and is comfortable. It is impossible to stress enough the importance of proper equipment.

## **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.