



# Turtle Island Preserve Camping Experience



## WHAT TO BRING

*\*Be prepared to step out of your vehicle with your proper hiking footwear & apparel already on and daypack in hand.*

A **WILLINGNESS** to try new things: Be ready to see the world through a different perspective & to accept unusual challenges like using a bathroom outdoors or bathing in a stream.

**Clothes:** Bring changes of clothes to cover the length of time you will be here, with a change of socks for each day. Socks & shoes may get wet in creek crossings and clothes may get wet in rain. **Bring clothes that can get dirty.** Prepare to dress in layers, to accommodate the increase & decrease of temperatures throughout the day & night. Please bring: towel, warm pajamas, underwear, wool cap, sweater, sturdy pants, several t-shirts, WARM jacket/hoodie sweatshirt, jeans, a coat and an empty plastic trash bag to carry soiled or wet garments.

**Comfortable Walking Shoes/Boots:** NOT NEW or poorly fitting shoes that will cause blisters. Extra pairs are appropriate, as some may get wet. Durable trail boots are superior, but good sneakers will suffice. Bring at least two pairs of shoes so that wet ones can be exchanged out.

**Raincoat:** The most important thing you'll bring. A sturdy one, not a thin, disposable one, or a "rain-repellant or water resistant" jacket. It must be rain-proof so that water doesn't go through or absorb into the material. Rain-pants and rain-hat are optional but a water-proof coat is essential!

**Nesting Gear - 1.)Sleeping Bag 2.)Pillow 3.)Sleeping Pad 4.)Ground Cloth:** Be sure to have an **extra-warm** sleeping bag and/or extra blankets/pillow to keep you truly comfortable. (Bags are often rated by temperature) A ground cloth is a piece of plastic or waterproof material to sleep on; an old shower curtain serves well for this. **You will definitely need it** and it will keep you warm and dry.

**Eating Utensils:** Plate, bowl, spoon, fork & cup. **Please do not buy new or** special utensils and please don't bring disposable ones. Regular old home utensils are fine.

**Toiletries:** Simple kit such as: soap, wash-cloth, oral hygiene materials, feminine supply, towel, empty plastic bag to pack out any trash you might generate. Please limit jewelry.

**Medication:** Bring any special (ie. contact lenses/prescription) medical provisions you may require. Please note these on your medical form and notify your school/advisor and Turtle Island Staff.

**Pack, Duffel or sturdy container:** To carry your materials into camp. It is good to have a plastic cover for this item in the event of rain. *Be sure this item is clearly marked with your name for identification.* A small daypack is also required for the hike into camp. This is something you will carry every day - all day and should always contain your water bottle, and raincoat.

**Canteen or water bottle/vessel:** even an empty plastic milk or juice container w/ lid is fine.

**Optional:** Pocketknife, camera, journal, musical instrument, sunscreen, & insect repellent.

## WHAT NOT TO BRING

The What-to-Bring list is simple, but inclusive. You shouldn't bring more than what's included on that list.

Please DO NOT bring products/gadgets that keep you tied to the modern world. Examples: cell phones, Ipads, MP3-players, kindle, video games, radios, perfumes/colognes, watches, antibacterial wipes/gels.

**Do not bring any illegal or harmful substances or practices.**

Do not bring any food. Examples: gum, candy, breath-freshener strips, snacks, and drinks.

**NO edible materials at all.**