

WHAT TO BRING TO TURTLE ISLAND PRESERVE SUMMER CAMP

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

- **Clothing:** BRING CLOTHES THAT CAN GET DIRTY! Pack changes of clothes to cover the length of time you will be camping, with a change of socks and underwear for each day. Socks and shoes may get wet in creek crossings and clothes may get wet in rain, so be prepared. Dressing in layers is best for cool mornings and evenings. For most days, shorts or thin pants are appropriate. * Please limit jewelry. Bring:
 - Bathing suit
 - 2 Bath towels
 - 4-5 tee shirts
 - 2-3 long-sleeved shirts
 - 3-4 shorts
 - Warm hat
 - 2-3 long pants
 - Socks for each day plus 2 extra pairs
 - 2 warm sweaters
 - A windbreaker or hoodie
 - Underwear for each day plus 2 extra
 - At least one pair of wool socks
- **A large plastic tub:** Pack your gear in a large Tupperware/Rubbermaid tub with a fitting lid. Your tub should be large enough to hold all your clothes & gear. The size should be at least 18-25 gallons. These tubs are available in most hardware or Wal-Mart stores for around \$8. If you are arriving by plane, a very large duffel-bag will suffice.
- **Extra plastic bags** for wet and dirty items: 2 garbage bags and 2 large zip-lock bags for soiled clothes.
- Comfortable **walking shoes:** NOT NEW or poorly-fitting shoes that will cause blisters. Changes of shoes are appropriate, as some may get wet. We strongly recommend both: 1.) closed-toed shoes (required for blacksmithing and for being around horses) and 2.) sandals with heel straps that can get wet for creek play.
- **Raincoat:** A sturdy one! Not a cheap, thin, disposable one, and not a *rain-repellant* jacket. It must be *rain-proof* so water does not go through or absorb into it.
- **NESTING GEAR: 1.)Sleeping bag, 2.)bed sheet, 3.)sleeping pad, 4.)pillow 5.)ground cloth:** A ground cloth is a piece of plastic or waterproof material to sleep on; an old shower curtain serves well for this. *Pack your pillow inside of a new garbage bag (labeled with camper's name) to keep it clean/dry during the trip in and on the overnight hikes.
- **Eating utensils:** Plate, bowl, spoon, fork & cup. Please, **do not buy** special utensils for this; regular old home utensils are fine.
- **Toiletries:** Simple kit such as soap, shampoo, oral hygiene materials, fingernail clippers, washcloth & a towel. **Medicine:** Bring any special (such as contact lenses or prescription) medical provisions you may require. **Please Note these on your medical form** and give camp staff medicine on the first day so they can administer it. We are trained and stocked with general first aid items, but rely on nearby Boone medical facilities for more advanced treatment. SAFETY IS ONE OF OUR MAIN CONSIDERATIONS.
- **2 backpacks:** # 1: small day pack (like a school book-bag) necessary to carry your materials into camp, It should be worn for the hike in packed w/ raingear and full water bottle. #2: A hiking, frame-style pack to take on the backpacking trip. Line the hiking pack with a trash bag before packing to help insure waterproof covering for supplies. *for the younger groups on a week-long visit, the hiking frame pack is not required.
- **Flashlight:** 2 small flashlights w/ necessary and extra batteries
- **Water-Bottle/canteen-** a reused plastic jug or juice container is fine. There's no need to purchase a Nalgene or similar vessels.
- **Optional:** rainhat, sunblock, journal, camera (camera-phones are not permitted), book to read, musical instrument, archery equipment, natural insect repellent, pocketknife (*Knives with blades longer than 3 inches are not practical*).

WHAT TO LEAVE AT HOME

The What-to-Bring list is simple but inclusive - **Do not bring more than what is included on that list.**

*Do not bring gadgets that keep you tied to the modern world. Examples: watches, CD players, video games, cell phones, MP3 players, etc.

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

*Do NOT bring any food as this attracts animals from the forest. Examples: gum, candy, breath-freshener strips, crackers, drinks. NO FOOD—as in “nothing at all edible.”

THANK YOU FOR RESPECTING THESE GUIDELINES SO THAT THIS CAN BE THE MOST VALUABLE EXPERIENCE