



# Turtle Island Preserve Camping Experience



## WHAT TO BRING

- \* 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 camping, with a change of socks for each day. Socks and 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 and decrease of temperatures throughout the day and night. **\*\*bring a bathing suit and towel in the event of swimming or sauna\*\***
- \* **Comfortable Walking Shoes/Boots:** NOT NEW or poorly fitting shoes that will cause blisters. Extra pairs are appropriate, as some may get wet. Sandals that can get wet (with heel strap) are strongly recommended. Sturdy mud or hiking boots are very convenient on hikes & around the barn.
- \* **Raincoat:** A sturdy one, not a cheap, 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 & rain-hat are optional.
- \* **Nesting Gear - 1.)Sleeping Bag 2.)Pillow 3.)Sleeping Pad 4.)Sheet 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. You will definitely need it and it will keep you warm and dry.
- \* **Flashlight:** One or two small flashlights are a good idea in addition to extra batteries. Headlamps are also a Really nice convenience, but are not required.
- \* **Toiletries:** Simple kit such as: soap, shampoo, oral hygiene materials, feminine supply, towel, empty plastic bag to pack out any trash you might generate. Please Limit jewelry. \*ear plugs may help you sleep.
- \* **Medication:** Bring any special (such as prescription) medical provisions you may require. Please note these on your medical form and notify Turtle Island Staff of any pre-existing conditions.
- \* **Pack, Duffel or sturdy container and daily-use backpack:** To carry your materials into camp. It is good to have a plastic cover for this item in the event of rain. A small daypack is necessary to carry your water bottle and raingear as you travel throughout the day. Also very useful is a durable plastic bag to store wet items.
- \* **Canteen or water vessel:** even an empty plastic milk or juice container is fine.
- \* **Optional:** Pocketknife, camera, journal, musical instrument, natural insect repellent, sunscreen.

## WHAT NOT TO BRING

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

- \* Please DO NOT bring gadgets that keep you tied into the modern world. Examples include: cell phones, MP3-players, video games, radios, watch, perfumes/colognes, disposable items, antibacterial gels/wipes.
- \* Do not bring any food into your camping area. Examples: gum, candy, breath-freshener strips, snacks, and drinks. Smoking is limited to the parking lot.

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

*For an accurate weather report: <http://booneweather.com/Forecast/Boone>*