

# What to bring to camp

**Please leave electronics at home (cheap cameras ok)**

**Equipment for sale and rent in the Old Quarry office**

## Food

Send your child with a lunch and snacks for the first day, the rest of the meals are included

## Footgear

- One pairs of sneakers for land
- One pair of close-toed water shoes; old sneakers, neoprene booties, closed toed river shoes, or river sandals with neoprene socks
- 3 Pair socks (one warm synthetic pair)

## Sleeping/ toiletries

- Towel (will be showering at the bathhouse at Old Quarry) If they want to wash up out on the island send biodegradable soap and a small towel
- Sleeping bag (not too large, needs to fit in kayak hatch)
- Sleeping pad
- Toiletries
- Small camp pillow ( I just roll up my fleece jacket)

## Clothes (4-day camp add clothes for 1 additional day)

- 3 T-shirts (preferably 1 cotton, 2 synthetic)
- 1 Long sleeved shirt
- 1 Set non-cotton long underwear (warm synthetic pj pants are fine)
- Warm jacket (Fleece, synthetic or wool)
- 2 Pair shorts quick drying and lightweight (swim trunks can double as 1 pair of shorts)
- Bathing suit

## Other

- 1 Small dry bag or bag with ziplock (this will be for stuff they want accessible while kayaking, fanny packs work well).
- Sunscreen and lip balm (at least 15 SPF)
- Sun hat
- Winter hat
- Sunglasses (polarizer preferred)
- Water Bottle
- Flashlight or headlamp (send extra batteries)
- Camera (optional)
- Tent (Let me know if you have a 2-4 person tent)
- A story to tell for story telling time (optional)

**Get ready to have a fun adventure!**