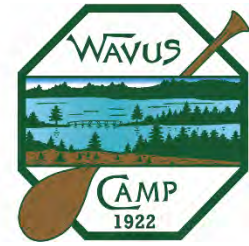




KIEVE WAVUS

E D U C A T I O N



Junior Kieve (JK) & Junior Wavus (JW) 10 Day Session Clothing & Equipment Packing Lists

- All campers experience a wilderness trip while at camp, and the Junior campers will get to have a one-night excursion. Items listed in the Wilderness Trips section are REQUIRED for your child's health, safety, and comfort. They are in addition to the In-Camp Packing List.
- Campers tend to wear the same clothes every day. Junior campers can send clothing out once for laundering in a camp provided laundry bag.
- The best way to pack for camp is in large rolling duffels. Please do not pack in trunks.
- Please do not send any items that are especially valuable or fragile. Loss and breakage does unfortunately happen at camp.
- Required gear is available for those who need additional assistance in securing it. For support in getting your child ready for camp, please contact Nadine Hallisy for Kieve (207-563-5172 / nadine@kwe.org) or Joy Bengtson Giffen for Wavus (207-549-5719 / joy@kwe.org).
- If you're interested in donating any items to Kieve Wavus Education for campers or students in need of equipment, please contact Hannah Lovejoy (207-563-5172 ext. 28 / hannah@kwe.org).

Wilderness Trip Packing List

All items are required.

**Available at Kieve Wavus camp stores

We layer our clothing, combining different garments to achieve optimum insulation and protection from wind and rain. We use either synthetic or wool fibers, which still insulate even when wet. All must fit comfortably over each other so that they can be worn at the same time.

Head:

- 1 baseball cap** or brimmed hat to covers ears

Upper Body Layers:

- 2 synthetic/poly blend short sleeve t-shirts**. No cotton
- 1 synthetic/poly blend long-sleeve base layer top. No cotton
- 2 middle layers: long sleeve fleece and/or synthetic down
- 1 rain jacket. Must be waterproof

Lower Body Layers:

- 2 pairs of underwear: synthetic/poly blend is best
- 1 pair of synthetic/poly blend shorts. No cotton
- 1 synthetic/poly blend base layer long underwear bottoms. No Cotton
- 1 pair of fleece pants
- 1 pair of rain pants: Must be waterproof

Footwear:

- 1 pair of hiking socks: wool or synthetic/poly blend hiking socks (brands recommended: Smartwool, Darn Tough, REI, etc.)
- 1 pair of trip water shoes (brands recommended: Chacos/Tevas/Keens. Crocs are not acceptable as tripping water shoes but are useful in-camp)
- 1 pair of sturdy closed-toe sneakers. These will get dirty!

Sleeping Gear:

- 1 sleeping bag with a compression stuff sack: synthetic, 30-degree rating. Must be lightweight and be able to be packed down
- 1 sleeping pad (brands recommended: Therm-a-rest, NEMO, REI, Sea to Summit)

Other:

- 2 swimsuits
- 1 day pack: school backpack is fine
- 1 headlamp with extra batteries
- 2 1-liter sized Nalgene-type-screw top closure water bottles**
- 1 large quick dry towel**

Suggested (not required) Items:

- 1 65 Liter Waterproof River Duffel/Boundary Pack/Dry Bag (brands recommended: SeaLine, NRS Bill's bag). A river duffel keeps everything dry (sleeping bag, sleeping pad, clothing) while out on trip. ***This item is highly recommended.*** Campers will use this every year they return to camp.
- 1 buff**
- 1 wool or fleece hat

In-Camp Packing List

All Items are Required. **Available at Kieve Wavus camp stores

- 1 Kieve/Wavus short sleeve t-shirt**
- 5 short sleeve t-shirts**
- 1 long sleeve shirt**
- 1 pair of long pants – hiking, joggers, sweatpants**
- 2 sweatshirts**
- 2 pairs of shorts
- 2 pajamas sets - a lightweight set and a warm set is ideal for Maine temperature changes
- 5 pairs of underwear
- 5 pairs of athletic socks
- 1 pillow
- 1 blanket (fleece or cotton). If it is cooler at night, kids can add their sleeping bag
- 1 sheet set with pillowcase – twin/single bed size regular length
- 1 face cloth and 1 hand towel
- 2 bath/beach towels
- 1 toiletry bag
- Toiletries: toothbrush and toothpaste, soap, shampoo/conditioner, hairbrush/comb, nail brush, lip balm w/spf, sunscreen, insect repellent and/or other personal hygiene items
- Prescription medication in original bottle (please do not repackage it)
- Stationery and stamps appropriate for the size of the envelope (pre-addressed & stamped is helpful)
- Summer reading/books

Suggested (not required) Items:

- Bandana**
- Crazy Creek Chair**
- Fleece/synthetic down vest
- Sunglasses - with a float band. *Please do not send expensive glasses as they are prone to breakage or loss.*
- Small notebook or journal with pen/pencils
- Disposable or digital camera – please be sure to label

Kieve and Wavus Camp Stores

Many items are available in our [camp store](#); bandanas, buffs, crazy creek chairs, water bottles, baseball hats, t-shirts, sweatshirts, flannel pants, etc. We will charge purchases to your account, which is billed at the end of the camp season. You can purchase items before camp, and we can either ship items home to you or deliver to your camper's bunk when they arrive.

Where to Get It?

Numerous retailers sell outdoor gear. [L.L. Bean](#) carries most everything, as well as [REI Co-op](#) and many general outdoor retailers in your area or online.

Labeling Clothing and Gear

Camper's name should be clearly marked on all belongings using sew-on labels, iron-on labels, a stamp, or indelible ink.

Suggested Eco-Friendly Toiletry Brands

Sunscreen and insect repellent: [Native](#), [Badger](#), [All Good](#), [Kinfield](#), [Murphy's Naturals](#), [Frenchies' Naturals](#); shampoo/conditioner and soap: [Native](#), [Dr. Bronner's](#), [Acure](#), [Ethique](#), [Tom's of Maine](#); toothpaste: [Bite](#), [Tom's of Maine](#)

HELP?

Contact Nadine Hallisy for Kieve at 207-563-5172 and nadine@kwe.org or Joy Bengtson Giffen for Wavus at 207-549-5719 and joy@kwe.org.