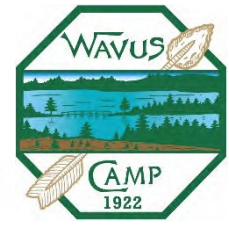




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Clothing & Equipment Packing Lists

- The best way to pack for camp is in large duffels. NO TRUNKS, please.
- All items listed in the Wilderness Trips section are required unless otherwise noted for your child's health, safety and comfort [Maine Trails - SEE YOUR SECTION!].
- Campers are required to use biweekly laundry service with bags we provide.
- Questions about packing list? Contact [Kate Phenix](#) or [Joy Bengtson Giffen](#).

Kieve and Wavus Camp Stores

Many items are available in our [camp store](#) including 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 when they arrive.

Camper's name should be clearly marked on all belongings using sew-on labels, iron-on labels, stamp, or indelible ink. Purchase labels and more at Best Name Tape:

- [5% Discount Code: KIEVE5](#)
- [5% Discount Code: WAVUS5](#)

Where to Get It?

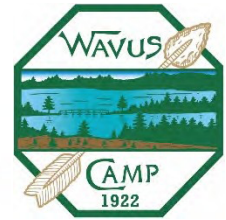
Numerous retailers sell outdoor gear. [L.L. Bean](#) carries most everything as well as [REI Co-Op](#) along with many general outdoor retailers in your area or found online.

Costume Accessories

There are many themes used during the camp sessions. Your child may want to bring costume items that can be used for "dress up" or themed items (example: favorite animal, Christmas in July, Olympics, Pirate Day, Rock 'n Roll, 4th of July). These items could include just about anything-use your imagination! Nothing is mandatory and theme days are planned on the fly, but feel free to bring your weirdest accessories if they are not too precious or valuable!

HELP?

Contact Kate Phenix 207-563-5172 kate@kwe.org or Joy Bengtson Giffen 207-549-5719 joy@kwe.org.



Wilderness Trip Packing List – All Sessions

Upper Body Layers: 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 insulate when wet.

- Base layer: synthetic/poly blend long underwear top. No cotton.
- 2 x Middle Layers: Fleece and/or synthetic down
- Rain Jacket: Must be waterproof
- 2 x synthetic/poly blend t-shirts**: No cotton.

Lower Body Layers: All must fit comfortably over each other so that they can be worn at the same time. If you tend to get cold easily, add a middle layer of mid-weight bottoms to the base layer and fleece pants.

- 6-8 x underwear: synthetic/poly blend is best.
- Base layer: synthetic/poly blend long underwear. No cotton.
- Fleece Pants
- Rain Pants: Must be waterproof
- 2 x synthetic/poly blend shorts: No cotton.

Head, Neck, and Hands:

- Baseball Cap** or brimmed hat to cover ears.
- Buff**: *not required but recommended.*
- Wool or Fleece Hat: *not required but recommended.*
- Mosquito head net: *not required but recommended.*

Footwear:

- 3 x wool or synthetic/poly blend hiking socks: Smartwool or similar brand are great.
- Trip water shoes: Brands recommended: Chaco's/Teva's/Keen's. Crocs are not acceptable as tripping water shoes but are useful as in-camp shoes.
- Sturdy Sneakers: Closed toed camp shoes. These will get dirty!
- Low/mid-hiking shoes with a thick sole and good tread: Merrell, Oboz, Keen, Asolo, and Salomon, etc. ***not required for Intro session***

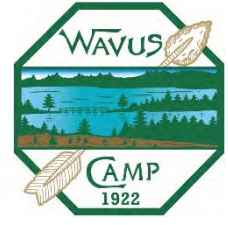
Sleeping Gear:

- Sleeping Bag: Synthetic, 30-degree rating. *Must be lightweight and pack small.
- Compression stuff sack for sleeping bag
- Sleeping Pad: Therm-A-Rest, Sea to Summit, REI



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Other:

- Approximately 65 Liter Waterproof Back-Pack Style River Duffle/Boundary Pack/Dry Bag
 - a. 65L SeaLine Boundary Pack Available at LL Bean, REI, Amazon— or
 - b. 65L NRS Bill's Bag at NRS.com -- keeps EVERYTHING dry.
- Day Pack: School backpack is fine
- Headlamp with extra batteries
- 2 x Water Bottles**: 1-liter sized Nalgene's-screw tops closures or similar
- 2 Swimsuits

Maine Trails Campers:

*Please note that gear will be carried in backpacks **ALL** day for 22 days. Having a heavy backpack can be wearing and lead to injury or blisters when carried for long periods of time. We encourage you to invest in lighter weight gear, sleeping bags, and sleeping pads to reduce pack weight. *Kieve Wavus provides back packs for all Maine Trails campers.*

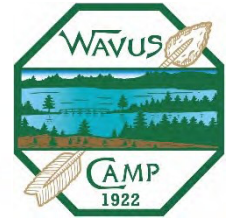
- 1 pair of good quality, broken-in hiking boots. Synthetic or leather.
- Hiking socks (6-8 pairs) – Wool or synthetic/poly blend, Smartwool or similar brands are great.
- Synthetic/poly blend Underwear (6-8 pairs)
- Sock liners (6-8 pairs) - good for preventing blisters.
- Inflatable sleeping pads Therm-a-rest, NEMO, REI, Sea to Summit. The smaller it packs, the better.
- Camelbak Bladder
- 1 pair of in-camp shoes- we recommend Crocs! Let those feet breathe – Crocs are lightweight and can be attached to the outside of their packs.

**Available at Kieve and Wavus camp stores (spending limits can be set).



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In-Camp Packing List – All Sessions

Required Items

- 2 Kieve or Wavus T-Shirts** any style
- Pajamas - a lightweight set and a warm set is ideal for the Maine temperature changes
- 5 short sleeve T-shirts**
- 2 long sleeve shirts**
- 3 pairs shorts
- 1 pair long pants - jeans, khakis, sweatpants, etc.
- 2 sweatshirts**
- 6-8 pairs underwear
- 5 pairs athletic socks
- 1 pillow
- 2 blankets
- 2 sets of sheets and pillowcases – twin/single, regular length
- 1 facecloth and hand towel
- 2 bath/beach towels
- Bag to keep toiletries together
- Toothbrush and toothpaste, soap, shampoo/conditioner, hairbrush/comb
- Other personal hygiene items
- Prescription medicine in original bottle (please do not repackage it)
- Insect repellent
- Sunscreen
- Chapstick or lip balm with SPF
- Stationery and stamps appropriate for the size of the envelope (pre-addressed & stamped is helpful)
- Summer reading, books, etc.

Suggested Items

- Nice outfit - for *Jewelliano's* night and *Pasqualio's*
- 1 polar fleece vest
- 1 bandana**
- Crazy Creek Chair**
- Sunglasses - with a float band
- Small notebook or journal with pen/pencils
- Disposable or Digital Camera – please be sure to label these
- Allagash, Long Voyage, and Maine Trails Campers: It is okay to bring an all-purpose tool like a Leatherman.

***Available at Kieve & Wavus camp stores (spending limits can be set).*