



KIEVE WAVUS
E D U C A T I O N



First and Second Full Sessions Clothing & Equipment Packing List

- All campers will go on a wilderness trip while at camp. 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. Maine Trails (oldest campers), please see your additional section.
- Campers tend to wear the same clothes every day and can send clothing out bi-weekly 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 - most don't fit under bunks.
- 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 Kate Phenix for Kieve (207-563-5172 / katep@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 cover 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:

- 6-8 pairs of underwear: synthetic/poly blend is best
- 2 pairs 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:

- 3 pairs of hiking socks: wool or synthetic/poly blend (brands recommended: Smartwool, Darn Tough, REI, etc.)
- 1 pair of trip water shoes (brands recommended: Chacos/Texas/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!
- 1 pair of low/mid-hiking shoes with a thick sole and good tread (brands recommended: Merrell, Oboz, Keen, Asolo, and Salomon, etc.)

Sleeping Gear:

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

Other:

- 2 swimsuits
- 1 65 Liter Waterproof River Duffel/Boundary Pack/Dry Bag (brands recommended: SeaLine, NRS Bill's bag). The river duffel keeps everything dry (sleeping bag, sleeping pad, clothing) while out on trip. *Maine Trails campers do not need a dry bag.*
- 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 buff**
- 1 wool or fleece hat
- 1 mosquito head net

MAINE TRAILS CAMPERS

- 1 pair of hiking boots: good quality and broken-in
- 1 pair of in-camp shoes (Crocs are lightweight and can be attached to the outside of packs)
- 6-8 pairs of hiking socks: wool or synthetic/poly blend (brands recommended: Smartwool, Darn Tough, REI etc.)
- 6-8 pairs of sock liners - good for preventing blisters
- 6-8 pairs of underwear synthetic/poly blend

*Maine Trails campers: please note that gear will be carried in backpacks ALL day for 21 days. We encourage you to invest in lighter weight gear such as sleeping bags and sleeping pads as this will lighten the weight of the packs. Kieve Wavus provides backpacks for all Maine Trails Campers.

In-Camp Packing List

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

- 2 Kieve/Wavus short sleeved t-shirts**
- 5 short sleeve T-shirts**
- 2 long sleeve shirts**
- 1 pair of long pants – hiking, joggers, sweatpants**
- 2 sweatshirts**
- 3 pairs of shorts
- 2 pajamas sets - a lightweight set and a warm set is ideal for Maine temperature changes
- 6-8 pairs of underwear
- 5 pairs of athletic socks
- 1 pillow
- 2 blankets (fleece and/or cotton). If it's cooler at night, kids can add their sleeping bag
- 2 sheet sets with pillowcases – twin/single bed size regular length
- 1 face cloth and hand towel
- 2 bath/beach towels
- 1 toiletry bag

- Toiletries: toothbrush/toothpaste, soap, shampoo/conditioner, hairbrush/comb, lip balm w/spf, sunscreen, insect repellent and/or other personal hygiene items.
- Prescription medicine 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 sunglasses as they can be lost or damaged.*
- Small notebook or journal with pen/pencils
- Disposable or digital camera – please be sure to label
- Allagash, Long Voyage and Maine Trails Campers - It's okay to bring an all-purpose tool like a Leatherman
- 1 nice outfit for Jewelliano's (Wavus Campers only)

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](#) along with many general outdoor retailers in your area or found online.

Labeling Clothing and Gear

Camper's name should be clearly marked on all belongings using sew-on labels, iron-on labels, 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 Kate Phenix for Kieve at 207-563-5172 katep@kwe.org or Joy Bengtson Giffen for Wavus at 207-549-5719 joy@kwe.org.