

Junior Session Packing List

In-Camp vs Wilderness Tripping Packing Lists

- All Junior Session campers go on a wilderness trip during their session. Items on the wilderness trip packing list and the in-camp packing list are required for your camper. You do not need to pack duplicates if an item is listed on both packing lists

Prohibited Items

- Food/candy
- Drugs/alcohol
- Weapons
- Hair dryers/styling tools
- Headphones/music players
- Cellphones/tablets
- Apple/smart watches
- E-readers
- Any other electronic devices/game consoles, etc.

Important Packing Information

- Pack in large duffles, NOT trunks. While in camp, each camper has their own cubby with five compartments to unpack clothing.
- Laundry is sent out bi-weekly in individual laundry bags provided by the camp. Keep this in mind as you consider how many of each item to bring.
- Loss and breakage do happen at camp. Please do not send valuable or fragile items.
- Label all items with your camper's name using sew-on labels, iron-on labels, stamps, or indelible ink.

Financial Support for Required Gear

- Please contact us if you need assistance obtaining the required gear for your camper:
 - Nadine Hallisy for Kieve (207-563-5172 ext. 209, nadine@kwe.org); and
 - Joy Bengtson Giffen for Wavus (207-563-5172 ext. 700, joy@kwe.org).

Where to Shop

- Shop local online at [Maine Sport Outfitters!](#)
- [L.L. Bean](#) and [REI Co-op](#) are also great options.

Support

- Nadine Hallisy for **Kieve** at 207-563-5172 ext. 209 or nadine@kwe.org.
- Joy Bengtson Giffen for **Wavus** at 207-549-5712 ext. 700 or joy@kwe.org.

JUNIOR SESSION PACKING LIST - WILDERNESS TRIP

***Available at Kieve Wavus camp stores*

Synthetic and/or wool fiber clothing is essential on wilderness trips because it maintains the ability to insulate when wet. Cotton clothing and gear will not be taken on wilderness trips.

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/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!

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)

JUNIOR SESSION PACKING LIST - WILDERNESS TRIP (cont.d)

***Available at Kieve Wavus camp stores*

Other

- 2 swimsuits
- 1 day pack — school backpack is fine
- 1 headlamp with extra batteries
- 2 1-liter 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: SealLine, NRS Bill's Bag). This keeps everything dry (sleeping bag, sleeping pad, clothing) on the trip. This item is highly recommended and is used every year at camp.
- 1 buff**
- 1 wool or fleece hat

JUNIOR SESSION PACKING LIST - IN CAMP

***Available at Kieve Wavus camp stores*

Required Items

- 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 bottles (Please do not repackage. Refer to the Healthcare & Risk section for more information.)
- Stationery and stamps appropriate for the size of the envelope (addressed 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

PACKING LISTS - ADDITIONAL INFORMATION

Suggested Eco-Friendly Toiletry Brands

- Sunscreen and Insect Repellent: [Native](#), [Badger](#), [All Good](#), [Kinfield](#), [Murphy's Naturals](#), [Frenchies' Natural Products](#).
- Shampoo/Conditioner and Soap: [Native](#), [Dr. Bronner's](#), [Acure](#), [Ethique](#), [Tom's of Maine](#).
- Toothpaste: [Bite](#), [Tom's of Maine](#).

Gear Donations

- Interested donors can visit our Wish List Registry at Maine Sport Outfitters to purchase gear and clothing for campers receiving financial aid.
- If you want to donate items to KWE directly, please contact
 - Hannah Lovejoy (207-563-5172 ext. 28, hannah@kwe.org).

Kieve and Wavus Camp Stores

- [Camp store](#) purchases are charged to your account and billed at the end of the camp session. Please discuss limits with your camper before they arrive.
- You may purchase items online before camp, and we can either ship them home or deliver them to your camper's bunk.