

Clothing & Equipment List Junior Kieve Wavus Sessions (JK/JW)

ALL items listed in the Wilderness Trips section are **REQUIRED** unless otherwise noted for your child's health, safety and comfort. **All campers at Kieve-Wavus go on overnight trips.**

The best way to pack for camp is in large duffels. NO TRUNKS.

Equipment Required for All Wilderness Trips

**Available at Kieve-Wavus camp stores

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.

- 2 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 (covers ears): Tilley, Outdoor Research or similar.
- Buff**: *not required, but recommended.*
- Wool or Fleece Hat: *not required, but recommended.*

Footwear:

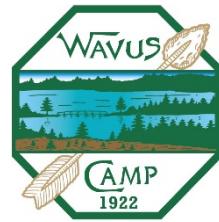
- 3 x wool or synthetic/poly blend hiking socks: Smartwool or similar brands are great.
- Trip Watershoes: Brands recommended: Chacos/Teva/Keens. Crocs are not acceptable as tripping watershoes, but are useful as in camp shoes.
- Sturdy Sneakers: Closed toed camp shoes. These will get dirty!

Sleeping Gear:

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

Other:

- 65 Liter **Waterproof** 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.
- 2 Swimsuits

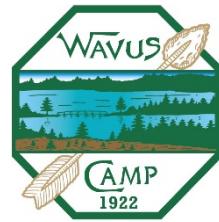


Other Suggested Articles For In-Camp

The best way to pack for camp is in large duffels. Please DO NOT pack in trunks.

**Available at Kieve-Wavus camp stores

- 1 Kieve or Wavus T-Shirt**** any style. Required for Sundays, and popular every other day of the week at camp.
- Pajamas** - a lightweight set and a warm set is ideal for the Maine temperature changes.
- 1 plain white 100% cotton t-shirt** - to tie-dye at some stage during camp.
- 5 short sleeve T-shirts****
- 1 long sleeve shirts****
- 1 polar fleece vest** – nice for the cooler evenings, but not necessary.
- 2 pairs shorts**
- 1 pair long pants** - jeans, khakis, sweatpants, etc.
- 2 sweatshirts****
- 5 pairs underwear**
- 5 pairs athletic socks**
- 1 windbreaker**- or anorak top or light jacket; good raingear will suffice.
- 1 bandana****
- Crazy Creek Chair****
- 1 pillow**
- 1 blanket**
- 1 set of sheets and pillow case** - twin or single bed size – regular length
- 1 facecloth and hand towel**
- 2 bath/beach towels**
- Sunglasses** - with a float band
- 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 sunscreen**
- Stationery and stamps appropriate for the size of the envelope** (pre-addressed & stamped is helpful)
- Summer reading, books, etc.**



- Small notebook or journal with pen/pencils**
- Playing cards, board games & other non-electronic games**
- Disposable or Digital Camera** – please be sure to label these.

Note – Campers tend to wear the same clothes every day, so our lists are really quite adequate.

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 crazy hats, feathery-type boas, western-homestead style gear, super hero items, themed t-shirt, etc. Use your imagination!

Kieve Wavus Camp Stores

Many items are available in our camp store. There are small items such as bandanas, water bottles, postcards, etc. There are also custom Kieve-Wavus T-shirts, sweatshirts, flannel pants and more. We will charge purchases to your account, which is billed at the end of the camp season. You can purchase items before camp at our [Online Store](#) 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 every article, using sew-on labels, iron-on labels, stamp, or indelible ink.

Purchase labels and more at Best Name Tape:

<http://www.bestnametape.com/CAMP-KIEVE-s/1133.htm>

5% Discount Code: KIEVE5

<http://www.bestnametape.com/WAVUS-CAMPS-s/1134.htm>

5% Discount Code: WAVUS5

Where to Get It?

Numerous good stores sell this gear. L.L. Bean carries everything that you will need www.llbean.com. Both REI and EMS (Eastern Mountain Sports) can also supply this equipment, along with many general outdoor stores. If you prefer to try things on in a store and then order on-line, www.campmor.com, www.ems.com, www.rei.com, www.nrs.com, and www.sierratradingpost.com are great resources.

By all means, bring things that you already own or borrow items from friends and family. You will also find good quality items at your local army/navy or sporting goods store if you prefer.

If you have hunted the stores high and low and have asked around your friends and family and you are still having no luck finding what you need, then please call us. We have a small collection of donated clothing from past staff and campers that we can lend out. Alternatively, if you have any clothing or footwear suitable for the outdoors that your child or family member no longer fits into, please consider donating it to the Wilderness Tripping department for other campers to use.