

Camp Augusta Wilderness-Rafting Trip Preparation and Packing List 2018

Greetings Parents and Campers!

We are excited to have you join us this summer for an amazing Camp Augusta Wilderness Trip! Here at Augusta we are working hard to develop a high-quality canoeing experience that maximizes safety and fun (and learning too!). There is a lot of preparation that goes into successful trips and, one important aspect of safety and enjoyment of a backcountry experience is proper clothing and equipment. **Camp Augusta will provide the majority of equipment and we are asking campers to arrive with proper clothing and footwear.**

Why is proper clothing and footwear so important?

Example #1: In the event of cold and rainy weather, it would be extremely uncomfortable (possibly unsafe) for a camper to have *only* cotton clothing, rather than mostly synthetic clothing. Cotton absorbs water (and sweat) VERY well, even when wearing proper rain gear. Since we will be on the water for the entire week, it is of utmost importance that campers are able to get dry quickly. This is described in further detail at the end of this document.

Example #2: Campers will find themselves in the river at some point during our canoeing trip and therefore it is important to have shoes that will protect their feet. The bottom of the river is filled with sharp rocks and having a pair of water shoes with a heel strap will help prevent foot injuries in the water. Also, having water shoes instead of tennis shoes decreases the chance of camper's getting blisters on their feet since the shoe is

It is essential that each camper has all the gear listed on the following pages. We recognize that some items listed may need to be bought specifically for this trip, and we have made great effort to keep this list at a bare minimum **while still ensuring safety and comfort.** Since campers will leave the trip with the necessary skills and experience to safely canoe with friends and family, we invite you to view this cost as an investment. Please let us know if you need clarification on any item on the list or if you feel the costs of these items are outside your family's budget (we're confident we can help you and find a way to make it work!). We keep many pieces of clothing and extra gear on hand so we may be able to supplement you if you are not yet ready to buy.

It is necessary for parents/guardians to go through the packing list item-by-item with their campers as soon as possible as this will allow time to find good deals on any necessary gear or ask for help from your friendly canoeing experts at Camp Augusta. We want to help everyone have adequate gear while staying within their budget and we can offer tips for finding cost effective pieces of gear if needed.

Outdoor clothing 101: a lesson in function, weight, and compressibility

If you would like more info on how to choose the right clothes, visit:

<http://www.rei.com/expertadvice/articles/dress+layers.html>

Supplemental Clothing: We will be at camp for Sunday afternoon/evening, **Monday morning (early departure to wilderness)**, Friday afternoon after our trip and Saturday morning before you leave camp; therefore, additional clothes will need to be packed for those times. It is helpful for campers to also have a towel

and some type of shampoo and/or soap so that they can clean up before heading home. Some trips may have different schedules, if you are unsure, please contact Camp Augusta at Office@campaugusta.org or by calling (530) 265-3702 and we will be happy to help!

What each camper needs to bring from home			
Equipment	Quantity	Comments	Checklist
Upper Body			
T-shirts	2-3	Synthetic or wool is required No cotton	
Long underwear top (Base Layer)	1	Synthetic or wool is required	
Warm jacket or sweatshirt (Mid Layer)	1	Synthetic required (not bulky or heavy)	
Bras (girls)	1-2	Sport Bras recommended	
Warm hat	1	Wool or synthetic is required	
Sun hat	1	Wide-brim style encouraged, baseball ok. Used to protect ears and face from the sun. Especially important for boating trip because water reflects sunlight.	
Rain Jacket (highly recommended)	1	There is always a chance of rain and it is important to keep dry on the river! Camp does provide plastic ponchos for campers.	
Lower body			
Underwear	4	Synthetic or wool recommended as cotton tends to chafe	
Long underwear bottoms (Base Layer)	1	Synthetic or wool is required	
Pants	1	Synthetic outdoor/hiking pants are required. No jeans are allowed for wilderness portion.	
Shorts	1-2	Synthetic material	
Swimsuit	1-2	1-piece recommended for girls. Can opt to wear a t-shirt/tank top over 2-piece	

Footwear and socks			
Equipment	Quantity	Comments	Checklist
Tennis shoes	1 pair	Needed for walking around campsite, small day hikes, and Camp Augusta. Buying new shoes not necessary	
Socks	2-3 pairs	Wool or synthetic are required. Socks are extremely important for body temperature management. NO cotton socks for the river because it will increase coldness if wet. Any outdoor store will have adequate socks.	
Water shoes	1 pair	Water shoes must have a strap that goes around heel. (Additional information about water shoes is provided below)	
Miscellaneous			
Sunglasses	1	Expensive glasses not recommended; cases can help protect them from breaking. Thrift stores are great for cheap sunglasses.	
Glasses or Contacts	2	If necessary, bring enough for trip and a spare set.	
Bandana	1-2	Many uses, be sure to have at least one!	
Flashlight	1	Small headlamp recommended	
Toothbrush/toothpaste	1	Small, travel size	
Hairbrush/comb	1	optional	
Water bottles	2	800 mL-1.5 L each, durable with no leaks	
Lip Balm	1	Can be uncomfortable to be without, great if includes sun protection at least SPF 15	
Personal medications, vitamins, supplements	If applicable	Medication dispensing will be handled by trained staff members for the duration of the session	

Camera (optional)	1	Waterproof is preferred. It is highly recommended to bring a cheap camera so that there is no big loss if dropped in the water. We will also provide a camera for the group	
Gloves or Mittens	1	Wool or Synthetic (fleece)-If you think they will be needed	
Pad and Pencil	1	Can be handy to record experiences or journal.	
Anything else you think necessary		We can help you decide what is necessary when we are loading backpacks at camp	
Watch (optional)	1	Totally up to you	

Gear That Camp Will Supply
(You are welcome to bring your own if you like. No need to buy any of this!)
If you are bringing your own check comments box for specifications

Sleeping Bag	1	Rated for 20 degrees or lower, synthetic, tightly packed in small stuff sack	
Sleeping Pad	1	Foam pad used for padding and insulation between sleeping bag and ground.	
Sleeping Bag Liner	1	Synthetic fitted sleeping bag sheet to provide additional comfort and keep sleeping bag clean.	
Gallon size, or larger, Ziploc bags	4	Ziploc bags will help organize camper belongings while on the trip.	
Ground Cloth	1	A waterproof nylon sheet to go between your sleeping pad and the ground.	
Plastic Trash Bags	1-2	Heavy-duty trash compactor bags used to waterproof pack contents	

Camp will be supplying all other gear necessary for cooking, eating, first aid, making a shelter, and water treatment. (If bottom chart would be included than this part would be deleted)

Group Equipment
Camp will be supplying all other gear necessary for cooking, eating, first aid, making a shelter, and water treatment.

Tarp Shelters	First Aid Kit	Reference Books	Trowel
Camp Stoves	Fishing Equipment	Equipment Repair Kits	Cooking gear
Fuel Bottles	Maps & Compass	Bear Resistant Food Containers	Restroom Supplies
Bug Spray	Water Purifiers	Waterproof Camera for group	Ground Tarps
Sunscreen	Satellite Phone	SPOT-GPS Tracking Device	
		Personal eating gear-Spoon and Bowl	

We request you mark your gear with your initials, especially socks. We are working hard to reduce the enormous pile of lost and found each season (so large it has gravitational pull!).

Important! Below are the most important items for your safety and comfort!

Water Shoes

Water shoes with a strap around the heel are required so that it can be ensured that shoes do not fall off while in the river! Water shoes will be worn every day on this trip and it is important to have an effective pair for the week! Water shoes with a strap are required and **any wilderness camper arriving at camp without adequate boots will be charged for the cost of obtaining them locally**-please help us prevent this from happening! Our local outdoor retailer is expensive and this would be a considerable inconvenience to us.

Recommended Brands

There are a number of shoe brands that provide adequate water shoes with a strap. There are a variety of brands that are adequate for the trip and the cost of the shoes can range between \$50 and \$150 dollars. Example brands, in no particular order, are Teva, Chaco, and Keen. Water shoes will be the main foot attire that we wear during this trip so it is important to invest in an effective pair.

Personal Electronics

Please, no electronics other than a camera and watch (both optional). Please keep in mind we take no responsibility for lost or damaged items, so we recommend you don't pack anything of great value.

Below is our explanation of our "What not to Bring" list from our website.

Achieving the social objectives we set forth for our campers requires the creation of a particular camp and social community. Things such as MP3 players, games, cell phones, and many common magazines work directly against these objectives, and hamper the experience and social growth of all of our campers. Taking the time to sit down with your camper and go through their gear a day or so prior to camp can give you the opportunity to discuss how they are feeling about their time away from home, address any anxieties or questions they may be having, and gain a good idea of exactly what they are bringing to camp (you'd be surprised at some of the things that show up).

http://campaugusta.org/wp-content/uploads/2016/03/Packing_List.pdf

What do you mean by 'synthetic' clothing?

As mentioned earlier, having *only* cotton clothing can not only become very uncomfortable but also very unsafe. Cotton absorbs water, be it sweat or rain, very well and takes a long time to dry. While drying it does not insulate and contributes to chafing which makes for a very uncomfortable hike on a windy, cold morning. Examples or recommended synthetic materials include fleece (for a warm layer or jacket), polyester/polypropylene (long underwear tops and bottoms), and nylon (great for pants). Merino wool functions similar to synthetic clothing with the added benefit of being the best at resisting odor and is great for use in the outdoors; however, it is usually expensive.

Please do not hesitate to contact us with questions or concerns; we can be reached at WildernessTrips@campaugusta.org or (530) 265-3702