

## Kieve-Wavus Helpful Hints about Clothing & Equipment

For a general list of clothing and equipment your child should bring to camp, please refer to the Kieve-Wavus Clothing List appropriate for your child's session. Please check the trip length and distance for your camper to determine the clothing and equipment needs. If your child's wilderness trip requires major hiking, please have the boots fitted in a store with a knowledgeable salesperson ~ and then they need to wear them!

Most items are available in your local sporting goods store or via the internet or catalogues. The Clothing List provides details.

- **ALL CLOTHING AND EQUIPMENT SHOULD BE CLEARLY MARKED** so that it goes home with the same camper who brought it to camp. Amerasport has an assortment of name tags or indelible ink pen, markers and stamps. They will also attach nametags to the things you buy from them at no charge. (If ordering from catalogs, please have them permanently mark your child's clothing before it is sent to camp.)
- Unless you will be bringing your child to camp or he/she is flying into one of the airports, please ship as many of their belongings to us as possible at least ten days prior to his arrival, **especially for those taking the bus**. There simply is not enough room on the buses for the boys and girls and their gear. Baggage tags should be included inside the baggage and attached to the outside. We almost never have a lost luggage problem, so please assume it got here okay. We will call you on the first day of camp if there is a problem. To track any package you mail in regular mail you will want to insure it and keep the Insurance slip or receipt which has the number on it, otherwise the post office will not be able to help you locate it. UPS or FEDEX has a tracking number for every package shipped through them.
- **BRING THINGS YOU ALREADY OWN WHERE POSSIBLE**. A local sporting goods store or other catalog companies are good alternatives to catalogues if you prefer.
- Please keep in mind that we dress informally and tend to be somewhat rough on our clothes (aren't all kids?!) so pack clothes that they are outgrowing or which do not have much wear left in them and clothes that they can move easily in for the various programs and are safe and comfortable.. Things like sweatpants, which get heavy when wet, are not as useful as lightweight pants such as nylon which dry quickly and keep the bugs off the legs.
- **Do not over pack**. The campers tend to wear the same things over and over until they turn to dust. We do have laundry capabilities and camper clothes are washed for them weekly unless they are out on a trip.
- We urge you **not** to pack a **knife** because it can be dangerous. Kieve-Wavus provides the necessary knives on trips.
- With regard to a duffel bag in which the campers pack their belongings for the wilderness trips, any good-sized, heavy-duty bag will be fine, but a **waterproof bag is best**. They should be able to pack their sleeping bag and their clothes into one stuff sack. The waterproof "Boundary Bag" is highly recommended for wilderness trips involving paddling/kayaking. It works particularly well since it will keep all the camper's gear dry on the trips or in-transit on top of the bus and is easily carried.
- Although **trunks or "footlockers"** are good for packing since they are large and will protect your child's belongings in transit, **they are not necessary**. You may certainly pack and ship duffel bags (including the "Boundary Bag" referred to above), or suitcases to camp (see *General Information* sheet for directions). **We have shelves next to each bunk for storage**.



Not so good →



Better choice →



- To avoid injury, we require everyone to wear footgear while swimming on the wilderness trips. **Non-leather sneakers and wool socks are excellent for canoeing the rapids.** Many campers bring good quality sport sandals such as those available at Amerasport or L.L. Bean's, but these don't protect the camper's feet as well as sneakers with wool socks, but they are the "in thing" right now. Please remember that inappropriate clothing and footwear can greatly affect what could otherwise be a fantastic tripping experience.



- Although Maine is the northern most continental state, the temperatures here are usually very pleasant – 70's to 80's days and 50's to 60's nights. However, it can occasionally be cool, so a good **wool sweater, fleece, or lightweight jacket** that retains body heat when wet is **essential**. A lightweight windbreaker is also recommended. For the longer trips, it is a good idea to bring **synthetic** (not cotton) long underwear. A warm fleece hat is a must!
- Good rain gear is **very** important.
- It is important to bring a decent sleeping bag (synthetic fill is better than goose down since it dries much quicker). Your child should have a sleeping bag that does not "roll-up" but rather fits in a stuff sack.
- Except for the Maine Trails trip for the oldest boys and girls, the mountain climbing we do is without backpacks, so purchasing an expensive backpack is **not** necessary. If the camper already owns one, they are certainly welcome to use their own. We supply these campers with a backpack and watertight bags to fit in the kayaks. For day trips, campers will only need a comfortable day pack – like their school backpack.
- Although some campers bring lightweight hiking boots to camp, which is a good idea if they already own them, do not purchase boots just for camp; decent sneakers that have secure laces or strong Velcro with good support and tread are certainly adequate for the mountain climbing we do. Footwear that fit with blister proof socks insures the safest comfort for a great hike!  
**Exception:** The **Maine Trails** boys and girls will **need** good hiking boots: They should be well broken in **prior** to coming to camp.
- If your child owns a life vest/PFD (personal flotation device), please send it with them to camp. We can loan them one when they get here, but many campers prefer their own since they may fit better. Please be sure that it is marked clearly with the camper name
- While in camp, campers sleep on bunks with sheets and blankets, not in their sleeping bags. Please provide them with sheets, pillowcases, and blankets. (Single or twin bedding – regular length - works fine) Your child will want to bring a favorite pillow or blanket...they are all welcome! Again, please be sure that everything is marked clearly with the camper name.
- If your child likes to fish, please send their rod and tackle with them, an individual license is not required. Campers will have an opportunity to try out fly fishing! We will supply the fly rods. The fresh water fish in Damariscotta Lake include large and small mouth bass, pickerel, perch, and a few other warm water species. We provide saltwater fishing gear when we're out on our lobster boat, *Snowgoose III*.
- The campers experience many new, exciting times, make new friends, and think new thoughts, so they may want to keep a writing journal. Their folks will love it, and some day they will come to appreciate it as well. Notebooks, extra pens, markers, stamps appropriate for the size envelope, postcards and envelopes are a nice addition. Mail arrives and departs daily from camp to the local post office.
- Since both camp are surrounded by water and wilderness, unfortunately the mosquitoes are real and can get nasty. We stock insect repellent at the camp store, but you may want to pack your favorite brand. Also post-bite products such as "Afterbite" work well to prevent infection and alleviate itching. Discuss with your child the importance of keeping fingernails clipped and hands washed often – we will certainly be reinforcing healthy habits. Long sleeve shirts and long pants are the best protection from mosquitoes!

