



KIEVE-WAVUS Clothing & Equipment List First and Second Full Sessions

ALL items listed in the Wilderness Trips section are **REQUIRED**
for your child's health, safety and comfort.

All campers at Kieve-Wavus go on overnight trips.

They **must** have one of each of the following items, unless otherwise noted.

Please note that we have removed the PFD (Life Jacket) from the packing list.

Kieve-Wavus will provide all campers with appropriate PFDs for their trip and in camp needs.

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 long underwear top. Capilene works great.
- 2 x Middle Layers: Fleece and/or synthetic down
- Rain Jacket: Must be **Waterproof**
- 2 x Synthetic 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.

- 6-8 x Synthetic Underwear
- Base layer: Synthetic long underwear. Capilene works great.
- Fleece Pants
- Rain Pants: Must be **Waterproof**
- 2 x Synthetic 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
- Mosquito Head net: not required, but recommended.
- Gloves: synthetic. A light pair of glove liners works great for those chilly trip evenings.

Footwear:

- 3 x Wool or Synthetic Hiking Socks: Smartwool or similar brand are great.
- 3 x Sock liners: Optional. Aids in preventing blisters.
- Trip Watershoes: Brands recommended: Chacos/Tevas/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!
- Low/mid-hiking shoes with a thick sole and good tread: Merrell, Oboz, Keen, Asolo, and Saloman, etc.

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:

- 70 Liter **Waterproof** River Duffel/Boundary Pack: 70L Sealine Boundary Pack - Available at LL Bean, REI, Amazon—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

Maine Trails Campers (ages 15-16) only:

- 1 pair of good quality, broken-in hiking boots.** We suggest LL Bean Cresta Hikers, or Vasques—synthetic or leather.
- Hiking socks (6-8 pairs)** – Wool or synthetic, Smartwool or similar brands are great.
- Synthetic Underwear (6-8 pairs)**
- Sock liners (6-8 pairs)** - good for preventing blisters.
- Inflatable sleeping pads** Therm-a-rest, NEMO, REI, Sea to Summit. The smaller it packs, the better.
- Camelbak Bladder**
- 1 pair of in camp shoes** Crocs! Let those feet breathe – they are lightweight and can be attached to the outside of their packs.

Dark Brown





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

- 2 Kieve or Wavus T-Shirts**** any style. Required for Sundays, and popular every other day of the week at camp. Although other logo branded clothing is not required, there's lots of nice stuff available online at www.Amerasport.com. Campers can also purchase items when they get to camp at our Camp Store.
- 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****
- 2 long sleeve shirts****
- 1 polar fleece vest** – nice for the cooler evenings, but not necessary.
- 3 pairs shorts**
- 1 pair long pants** - jeans, khakis, sweatpants, etc.
- 2 sweatshirts****
- 6-8 pairs underwear**
- 5 pairs athletic socks**
- 1 windbreaker- or anorak top or light jacket; good raingear will suffice.**
- 1 bandana****
- Sundress** - for Jewellianos night at Wavus.
- Crazy Creek Chair****
- 1 pillow**
- 2 blankets**
- 2 sets of sheets and pillow cases** - 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 SPF**
- 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**



- Tennis racquet & tennis balls, Baseball/Softball glove & ball, Lacrosse stick, Fishing rod & tackle**
- Disposable or Digital Camera** – please be sure to label these.
- Allagash, Long Voyage and Maine Trails Campers** - It's okay to bring an all-purpose tool like a Leatherman.

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, cowboy gear, super hero items, themed t-shirt, etc. Use your imagination!

Kieve-Wavus Camp Store

Many items are available in our camp store, which is located during the camp season on campus. 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 make orders before camp at our [Online Store](#) and we can either ship items home to you or deliver to your camper when they arrive. Please refer to the “Helpful Clothing and Equipment Hints” memo online to answer many questions.

Camper’s name should be clearly marked on every article, using sew-on labels, iron-on labels, stamp, or indelible ink

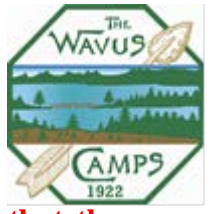
Where to Get It?

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.reioutlet.com and www.sierratradingpost.com are great resources.

Amerasport also has a retail store near suburban Boston (just 12 minutes from Downtown Wellesley in Holliston on the Dover/Sherborn line). Call toll-free today (800) 786-9402 or (508) 429-9000 to schedule an appointment. The hours are 9am-6pm Monday - Friday and Saturdays by appointment.

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 on 207-549-5719. 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.



Note: When ordering items and having them directly sent to camp, it is a good idea to have the company permanently mark your items with your camper's name so that they might be identified and returned at the end of camp.

SENDING MAIL & PACKAGES TO YOUR CAMPER

MAILING ADDRESSES

When using the U.S. Postal Service:

Wavus Camp for Girls

Camper Name

PO Box 350

Jefferson, ME 04348

Kieve Camp for Boys

Camper Name

PO Box 169

Nobleboro, ME 04555

SHIPPING ADDRESSES

When using a shipping company to deliver (UPS, FedEx, DHL):

Wavus Camp for Girls

Camper Name

88 Wavus Point Road

Jefferson, ME 04348

Kieve Camp for Boys

Camper Name

42 Kieve Road

Nobleboro, ME 04555

Overnight takes 2 days as we are considered rural. You should put the address inside the box or bag that you're shipping in case the outside one is torn off.

**IT IS VERY IMPORTANT THAT THE CAMPER NAME IS INCLUDED
IN THE ADDRESS FOR ALL MAIL AND/OR SHIPPING**