



Camp Kennedy Personal Equipment Glossary

(Please read for details about the gear necessary to make your summer great!)

- Hiking Boots** Boots **MUST** come up **OVER** the ankle bone. Boots must have good ankle support and be well-broken in before camp starts. Low-cut dayhikers are NOT acceptable as hiking boots.
- Daily Wear Shoes** Must have at least one pair of closed-toed shoes for daily wear.
- Wet Shoes** Must Have:
Closed-Toes
Significant tread and support
Uppers must be all canvas and cover the entire foot
Shoe must **LACE** up
*Converse All Stars or an old pair of athletic shoes are a great choice. These shoes will always be wet and will probably be discarded at the end of the summer.
- Hiking Socks** Synthetic “wool” are recommended. SmartWool or Thorlo are fabulous. Sock liners are only needed if you are wearing natural wool.
- Lightweight, longsleeved work shirts** Great for keeping away bugs and sunburn on trips. **MUST** button down and be 100% cotton.
- Hiking Pants** Durable, light weight material that will dry quickly. Must reach the ankle (no capris). Zip-off pants are a plus but not required.
- Rainsuit** **ABSOLUTELY ESSENTIAL** to insure health and comfort in bad weather. **RAINCOAT** must have a hood with a drawstring and/or snaps. **RAIN PANTS** should have an elastic waistband and snaps or elastic at the ankles. The material must be “Coated Nylon” that will breathe.
- Fleece or wool sweater** Fleece and wool are both warm even when wet and thus essential to safety in the backcountry. A crew-neck 100% wool or fleece pullover is a required item on all back-country trips.
- Thermal underwear** **ABSOLUTELY NO COTTON.** Polypropylene or Capilene are ideal. Ask at any camping store.
- Sleeping pad** A simple foam pad is sufficient. RidgeRest and Ensolite make a basic pad that is very comfortable. Inflatable pads are not recommended.

Sleeping bag

If you are purchasing a new bag, keep this in mind:

- 1) Bags should have a 20°F temperature rating or lower.
- 2) The bag should be filled with synthetic material such as Holofill, Polar Guard, Qualofill, Polyfill, etc.
- 3) Cotton and Goose down bags become heavy and lose their insulation properties when wet. **DO NOT** get this type of bag.
- 4) A nylon stuff sack with a drawstring is required. **MAKE SURE YOUR BAG FITS INTO YOUR STUFF SACK PROPERLY.**
- 5) Once stuffed, your bag **MUST NOT** exceed 10"x22". Smaller than this is great. Most bags weigh between 2-3 pounds.

Nylon Stuff Sack

These will be used to pack for trips. Medium sized sacks with drawstrings make for an easier time fitting lots of things into small-ish packs. Sleeping bags must have a stuff sack.

Utility straps

Used for strapping things to other things and have 1001 uses in camp and the backcountry. Straps that are 18"-24" x 1/2" are recommended.

Duffel bag

Duffels should be **SIDE LOADING**. Space is limited at Kennedy, therefore each camper is limited to one duffel. Sleeping bags, pillows, and hiking boots **DO NOT** have to fit in the duffel.

Knife

Swiss Army brand is recommended. The **ONLY** items essential to your knife are a blade and a can opener, and the blade is not to exceed 3". The knife must also fold to close.

LOCKING BLADES AND LEATHERMAN KNIVES ARE NOT PERMITTED.

Water bottles

At least three 32oz. (1L) bottles are required. Nalgene brand is recommended. Please **DO NOT** buy the Cyclone brand often sold as an option, because they do not fit in our packs.

Bug repellent

NO SPRAY CANS ALLOWED. A strong concentration of DEET is needed. Controlled Release DEET by Sawyer Products or Muskol in cream form is the recommended brand.

Biodegradable shampoo/conditioner

Please check the back of the bottle for the label "Biodegradable." Most products labeled "Natural" are not biodegradable. Check your local food co-op for good brands.

Biodegradable soap

Dr. Bronner's or Campsuds are the only soaps we will be using in the backcountry. The soaps are highly concentrated, so a small bottle will be sufficient.

PLEASE IDENTIFY ALL PERSONAL ITEMS AND EQUIPMENT

Please do not bring watches, clocks, MP3 or CD players, cell phones, GameBoys, PSP's, electronic games, makeup, jewelry, blow dryers, etc. Our policies were discussed during the camper interviews.