

Raven's Wood Wilderness Camp Supplies Requirements

It is ESSENTIAL that your child is dressed properly to be outside for most of 7-8 hours! Here's what your kids need for camp each day:

- Warm slippers with hard sole, or extra sneakers, to leave in tent. **(This is absolutely necessary for the tent!)**
- Warm waterproof boots. ICE GRIPPERS for boots if you have them, esp. if the snow is crusty or there is a lot of ice.
- Warm wool or wool blend socks.
- Warm waterproof gloves.
- Warm waterproof pants for rain or wet snow.
- Warm waterproof snow pants.
- Leggings or tight-fitting long johns under snow pants, for comfort and warmth.
- Warm waterproof winter coat.
- Warm waterproof raincoat when raining, or rain is expected.
- *Layers under their winter coat or raincoat:* acrylic or nylon blend long john bottoms and top, then a thin polar fleece, then a wool sweater or heavier fleece. This way, they can take layers off and put them on as they need to.
- Warm scarf for windy weather- not too long, please, for their safety. Teach them to tuck the scarf into their coat so it doesn't catch on branches, or hang into the fire pit.
- Warm hat, preferably wool blend or wool in the coldest weather. Wool stays warm when wet (unless soaked). Boiled wool is even better, and somewhat waterproof. Kids wool hats often have fleece lining so they do not itch.

EXTRAS TO HAVE IN BACKPACK:

Socks, gloves, hats, underwear, and pants. If any of these get wet, kids get cold. If they have these items, they can come back to the house and change if they fall into mud or a puddle.

Here's what NOT to do:

NO COTTON against the skin, please. This includes undershirts, long johns, and socks. Kids sweat, the cotton gets wet, and then they get cold as soon as they slow down.

NO thin acrylic gloves- might be ok for 40's and 50's temps for the morning, or as a layer under waterproof gloves, but they are totally useless the second they get wet.

NO JEANS when it is raining or snowing, especially with no long underwear. When wet, they never dry in this weather.

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OTHER ESSENTIALS

- A water bottle. We bring a 3-G jug of water to camp, so there is water to refill these.
- Snack foods for TWO snack periods. (Please, only healthy food and drinks: no soda, candy, or chips for snacks.)
- Lunch. Kids get very hungry when active and outside. Please pack a high protein, well-balanced lunch. *Remember we are in a tent with no electricity, so there is NO microwave.* The only heat is a woodstove, so if something needs to be warmed up, it must come in tinfoil to be placed on the woodstove. Hot soup or cider in a thermos is a better option for a hot element in an outdoor lunch.
- If it is bright and sunny, and there is a lot of snow, sunglasses might be nice! Protecting kids' eyes from the reflecting sun is important.