

Raven's Wood Wilderness June Camp Supplies Requirements

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

- **Waterproof boots if raining, or closed-toe sturdy sneakers. NO FLIP FLOPS OR OPEN-TOED SHOES OF ANY KIND ARE ALLOWED.**
- Warm wool or wool blend socks, if raining.
- Waterproof rain pants.
- Warm waterproof raincoat when raining, or rain is expected.
- *Layers under their 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. NO COTTON layers, please. (Cotton is great only for warm, dry days with no rain expected.)
- Warm hat if it is raining or cold out, preferably fleece or wool.
- Recommended: SPRAY boots and pants with a DEET bug spray. This is truly the best way to keep **ticks** off of your kids. We only have a few ticks, but they are out there. We've been lucky here, but do a tick check every day when your child comes home. Make sure they shower daily, too, and learn to scrub and check underarms, behind the knees, behind and in ears, around underwear lines, and back. Help them check themselves each day.

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 change if they fall into mud or a puddle.
- POLAR FLEECE or sweatshirt.

Here's what NOT to do:

- NO COTTON against the skin, please, unless it is hot and dry. 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 JEANS when it is raining. When wet, they never dry.

OTHER ESSENTIALS

- A FULL water bottle. We bring a 5-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 fire pit, so if something needs to be warmed up, it must come in tinfoil to be placed on the fire grill. Hot soup or cider in a thermos is a better option for a hot element in an outdoor lunch.
- **Sunscreen and Sunglasses:** Protecting kid's eyes from the sun is important. We spend some time at the pond in the summer, and it is hot and sunny there.