

2008 Mondamin Check List

Clothing, etc.:

- ___ 5 bath towels
- ___ 1 pillow
- ___ 2 pillow cases
- ___ 2 laundry bags
- ___ 10 pair undershorts
- ___ 2 pair tennis shoes
- ___ 2 pair pants (loose fit, for riding, hiking, etc.)
- ___ 3 or 4 swimsuits
- ___ 2 pair pajamas
- ___ 6 pair shorts
- ___ 8 pair socks
- ___ 8 T-shirts*
- ___ 2 shirts (for coeds, etc)
- ___ toothbrush*
- ___ toothpaste*
- ___ shampoo*
- ___ soap*
- ___ soap dish*
- ___ Stationary and stamps*
(Pre-addressed recommended,
for younger campers!)

Laundry is done weekly!

Shoes:

- ___ Tennis shoes (for tennis and everyday use)
- ___ "Creek shoes" (old sneakers you don't mind getting wet and muddy, or Texas/Chacos). "Crocs" or flip-flops are *not* adequate for this purpose.

Miscellaneous Activity Gear, optional:

- ___ Riding Helmet***
- ___ Tennis racquet and balls (we have loaners)

Camping gear:

The enclosed "Camping Out – Gear for Safe Summer Hiking" has details on gear for hiking and camping. This is a quick reference checklist for your convenience.

- ___ Backpack****
- ___ Rain gear
- ___ Sleeping pad*
- ___ Sleeping bag with stuff bag
- ___ Synthetic** top
- ___ Synthetic** bottoms (optional)
- ___ Non - cotton** sweater or jacket (light)
- ___ Non - cotton** sweater or jacket (medium)
- ___ Windbreaker
- ___ Cap or hat*
- ___ Socks (heavy wool)
- ___ Shelter (tarp* or tent)
- ___ Flashlight (small)*
- ___ Eating utensils (cup, spoon, bowl)*
- ___ Water bottle*
- ___ Sturdy walking boots/shoes

Optional items: (Non-essential! Some campers like to have these items. *Please remember our "No Package Policy", so if you're considering these for your camper, send them with him!*)

- ___ Crazy Creek Chair (or something similar)
- ___ Disposable camera*
- ___ Reading material
- ___ Watch (inexpensive)
- ___ Athletic or musical equipment
- ___ Bug repellent*
- ___ Bag/tote for carrying toiletries

* *May be bought in camp store. We carry a small selection of relatively inexpensive but adequate gear.*

** *"Synthetic" or "non-cotton". i.e. Patagonia's Capilene, Gore's Duratherm, or similar. See the camping gear checklist for a full explanation.*

*** *Optional, but suggested if riding is a primary interest. We have "loaners". Order form enclosed.*

**** *May be rented depending on availability.*

CAMPING OUT

Some summers are dry, some are wet; the weather gods are fickle. The canoeists love the rain (brings the rivers up!); the rock climbers like it dry. When a trip goes out for three or four or five days, they never know what the weather is going to do... and that's part of the fun of it. Adversity is a great teacher, and it can be a wonderful, growing experience to overcome difficulties and accomplish your goals in spite of the weather or other obstacles. It's not a lot of fun, though, if you're not well prepared; it can be miserable, in fact, and even dangerous.



A principal factor affecting the success of a trip taken in adverse conditions is **equipment**. The trick is knowing what to bring, without overloading yourself and spending a fortune. **IF YOUR CHILD WANTS TO DO ANY MORE THAN SIMPLE, OVER-NIGHT CAMPING TRIPS ON OUR OWN PROPERTY, HE SHOULD BE PROPERLY EQUIPPED.** We will not allow a youngster to go on a trip dangerously unprepared. Even overnights can be uncomfortable without good basic equipment.

We are appending the names of several good sources for gear. Two of them, Diamond Brand and Sunrift, are near us, and are worth a stop if you are driving to camp; they can fit the boots, etc.

GEAR FOR SAFE SUMMER HIKING

**Items with an asterisk may be bought in the camp store.*

*Weather is a very serious thing when you can't get away from it... especially in the mountains, which make their own climate. It can be sunny and warm one hour and wet, windy and cold the next, even in mid summer. That's why hypothermia occurs most often in warm seasons; people forget how changeable mountain weather can be, and go unprepared. Hikers in the backwoods are highly vulnerable; their only protection is what they provide themselves. It can rain a lot in the mountains, and that usually makes it cold. Unprepared groups can have to be evacuated, even if only one member is affected. Two factors are important: *having good gear*, and *knowing how to use it*. If you'll take care of the first, we'll take care of the second.*

RAINGEAR. A lightweight, waterproof **nylon rain jacket** is best (much more durable than plastic). All clothing, especially when wet, is warmer under a windproof outer layer, and anything waterproof is windproof too. GORTEX (and similar material) is waterproof yet allows evaporation; it is excellent but expensive. It may be worth the cost if you plan to spend a lot of time camping out. Rain pants are not used often, but are great when needed... consider them if you plan a lot of backpacking.

WINDBREAKER. Wind increases the chilling effect of cold and wetness tremendously. A lightweight, non-waterproof nylon windbreaker is best for dry conditions. You can wear it while hiking and perspiration will pass through to the outside instead of soaking your clothing. A non-breathable rain jacket is not a good substitute, but one with breathable fabric (i.e., Gortex) can serve both needs.

CLOTHING and INSULATION. Shorts and a light shirt are great for mid-day, good weather hiking, but there are frequent times when warm clothing is essential. **Layering is key!** A single very warm jacket is less useful than several layers of warm stuff. A warm undergarment (like a polypropylene top), a wool or synthetic

sweater, and a light jacket make a good summer combo. (A cotton sweat shirt is **not** a good option... see sidebar). A pair of **non-cotton long pants** is important; light-weight **polypropylene bottoms** is a wise addition for the serious hiker. So is a **knit cap**; more heat is lost from the head than from any other single part of the body (because the heat-radiating blood supply to the head is never reduced, as it often is to the limbs).

FOOTWEAR. The important factors here are overall comfort, protection against bruising the soles of the feet, and protection against twisting and spraining the ankles. Because bruises and sprains are much less frequent than blisters, which can be just as incapacitating, a comfortable pair of good **tennis or running shoes** will suffice for most overnights and some three day trips.

Boots provide better protection, but are likely to be less comfortable until well broken in. If you do get boots, don't get stiff leather ones; get soft leather, or a combination leather and nylon summer boot, which is more flexible and cooler. (Such a boot at Diamond Brand runs about \$60.) Finally, have some extra **creek shoes** (old tennis or running shoes which you don't mind getting muddy and wet), or sturdy sandals like Tevas you can wear for crossing or swimming in rocky streams; it is hard to carry a pack out of the backcountry with feet cut up by sharp rocks or broken glass.

Cotton is a poor insulator when wet, because the fibers become much more compacted than those in wool or artificial fabrics. When wet, it is heavy and dries very slowly. Cotton jeans are especially bad; besides being non-insulative, slow to dry and heavy when wet, the close fit of designer jeans makes them harder to hike in and colder (by restricting blood flow). Artificial fibers like polyester insulate best, dry fastest, are lightest and most durable. Second best is wool; garments of it can often be bought cheaply at Goodwill, Salvation Army, or other thrift stores.

SOCKS. Cotton athletic socks are satisfactory for overnight trips, but **combination wool/synthetic hiking socks** are much better for longer trips and/or serious backpacking. These socks provide cushioning and warmth even when wet from rain or perspiration (remember about cotton fibers becoming more compacted when wet). **Thin liner socks** of some man-made material pass moisture through to the outside, and absorb some of the friction between the feet and the outer socks. Both things help reduce blisters. Clean socks for each day are important!

SLEEPING BAG. Don't use "slumber party" bags and others with cotton batting; they're heavy, bulky, and absorb water like a sponge. At the other end of the cost spectrum, goose down bags are expensive, poor insulators when wet, and are difficult to dry. Get a mid-cost bag (\$60 to \$90) with a nylon shell and some form of **polyester filling**. A "mummy" or barrel-shaped bag is lighter, more compact when stuffed, and warmer per pound than a rectangular-shaped one; by clinging closer to the body, it reduces air circulation that causes convective heat loss. A 45 degree temperature rating is quite adequate.

STUFF SACKS are handy for many things... they are a great way to organize your gear. It's absolutely necessary to have a good one for your sleeping bag. The tough nylon stuff sack prevents brush along the trail from tearing the plastic garbage bag in which you will carry your sleeping bag to keep it dry. Stuff sacks are also excellent for packing extra clothing, tarps, tents, etc. The stuff sack won't be waterproof, even if it has a waterproof coating inside; the seams will likely leak like a sieve, to say nothing of the opening. For this reason, you will further waterproof your things in plastic bags (plastic garbage bags work well). These are available in the camp store.

SLEEPING PAD. This is not a luxury item. It is certainly much softer than the ground, but mainly it is an insulator. Even in the summer, the ground absorbs body heat like a sponge. A closed cell or other type foam pad stops 90 % of that heat loss. It also helps the plastic or waterproof nylon groundsheet underneath everything keep moisture away from the sleeping bag. (Don't try using "open cell" foam... it absorbs water).

SHELTER. Tarps* can be nylon or plastic (nylon is lighter and tougher), and are much simpler, cheaper, lighter, more compact, and more "basic" than tents. They work well when pitched right, used with a properly laid waterproof **groundsheet*** (generally plastic), when the user does not roll around much during the night and does not mind the occasional bug. On the other hand, a **tent** is more secure, warmer, and keeps out bugs, but requires that the various parts (tent, fly, poles, and stakes) be kept track of, dried after a trip, etc... sometimes challenging for a young camper! One or two man tents work well; a good one can be had for \$100 - \$200. Be sure the seams are sealed before using it... some cheaper ones require that you seam seal it yourself before use. Tarp or tent... your choice.

FLASHLIGHT* Handy in normal conditions and indispensable in critical ones. Best is a small flashlight that works on two AA size batteries. Alkaline batteries are definitely preferable; they may cost twice as much as regular ones, but they last more than twice as long. Bring spare batteries, and a spare bulb too.

EATING UTENSILS* Bring a lightweight, cheap, **plastic cereal sized bowl*** or **plate***, a **hard plastic cup*** or **mug**, and a **heavy duty plastic spoon***. Avoid aluminum, and small, thin plastic cups. An insulated cup is the very best, of course, but is not really necessary in the summer.

WATERBOTTLE* Heavy exercise like backpacking promotes dehydration, which can lead to all sorts of nasty things from heat stroke to hypothermia. Camelbacks have their place, but get grungy and are hard to clean. A wide mouth water bottle works best.

PHARMACEUTICALS. We will carry First Aid kits, but there are a few things you should have of your own. Pain from lips badly chapped by sun and wind is easily prevented by **Chapstick***. Severe sunburn can be extremely uncomfortable; bring **sun-screen*** with a high Sun Protection Factor. Waterproof sun-screen, like "Bull Frog", is especially good. Bug bites are itchy and susceptible to infection, so bring **insect repellent***.

BACKPACK. A good backpack should be roomy, sturdy, have an external or internal frame, and a hip belt. Because good ones are expensive (at least \$90), we do rent them at camp. If you have one that really fits, bring it; otherwise, rent one from camp.

MISCELLANEOUS. Extra cord* (about 3/16") is needed for stringing tarps. **Bandannas*** are handy. A small pocket knife is a useful tool. (See our policy note on knives, and please DO NOT send knives longer than a pocket knife, as we do not plan to skin any deer, and big, long knives can be dangerous.)

As in most things, it's better to put some thought into buying the right gear the first time. And besides, everything except the clothing will last for years of camping. (The clothing can always be handed down to next year's campers!)

Places to buy camping gear:

L.L.Bean
llbean.com
1-800-221-4221

REI
rei.com
1-800-426-4840

Diamond Brand
Hwy 25 (near the Asheville airport)
Arden, NC 28704
diamondbrand.com
1-800-459-6262

Campmor
campmor.com
1-800-526-4784

Sunrift Adventures
1 Center St
Travelers Rest SC 29690
sunrift.com
1-864-834-3019