

A J1/J2 What to Bring List

Clothing

- _____ **A pair of soft leather or leather and canvas boots for working and hiking.** Be sure boots fit well, are broken in and comfortable before you come to camp – and try them on with socks you'd wear to hike in!
- _____ **One pair of sneakers**
- _____ **One pair of heavy socks** to be worn with boots (allow for some shrinkage when they are washed and dried) and **six pair of regular socks** (cotton or some other suitable material).
- _____ **7 pair of regular underwear**
- _____ **One thermal underwear top**
- _____ **One long-sleeved shirt**, nothing fancy.
- _____ **2 pair of long pants or jeans**, at least one pair of which should be a cotton/polyester blend that will dry quickly (for use on trail).
- _____ **Heavy sweater or light jacket made of wool or fleece** that can be packed in a backpack. (Most of the summer is warm, but at night the temperature may drop into the 40s; every summer seems to have its cold and wet spells. For these times and for hikes, it is essential that the top be wool or fleece, so that it will keep the camper warm even if it gets wet.)
- _____ **2-3 pair of shorts**, at least one of which should be made of non-cotton material, loose fitting and cut above the knee, for hiking.
- _____ **3-4 T-shirts**
- _____ **One bandana**
- _____ **One trusty towel**, does not have to be new
- _____ **One bathing suit**

Equipment and Miscellany

- _____ **Small duffel or similar bag.** J1 or J2 campers at Timberlake and Indian Brook will not need a trunk; a smallish duffel or similar large bag will be quite adequate.
- _____ **Sleeping bag: synthetic fill** (polarguard, quallofill, hollofil, etc.) with a \ nylon (not cotton!) shell.
- _____ **Foam pad for sleeping on trail.**
- _____ **Backpack.** For longer sessions or for camps that stress wilderness travel, we recommend external frame backpacks. These can be expensive, however, and we do not necessarily recommend them for J1/J2 campers. You may borrow any comfortable *overnight* backpack from a friend instead of buying a new one. Whether you buy or borrow, the most important thing is to make sure new backpacks fit comfortably. Adjust all straps to fit, and then walk around in it for awhile to make sure it is going to be comfortable.
- _____ **Raingear:** Nylon poncho (fits over you and your pack) or raincoat and pants.
- _____ **For sleeping in camp**, there are choices: (1) Two fitted and two flat cot-size sheets with 2-4 blankets; (2) sheets and one blanket and a sleeping

bag that can be opened up to be used as a blanket (mummy-shaped bags do work for this); (3) a sleeping bag with two washable sleeping bag liners and one blanket.

_____ **One pillow and one pillow case.**

_____ **Eating utensils:** Fork, plate or bowl.

_____ **Two sturdy water bottles** of at least one quart capacity; these can be empty plastic soft drink bottles as long as they're clean and have tight caps. Water bottles can also be found cheaply at Army Surplus stores

_____ **Flashlight with new batteries** and a reasonably new bulb.

_____ **Toilet articles** in some kind of mesh or heavy duty plastic zip-lock bag; including toothbrush, toothpaste, soap, and biodegradable shampoo in a plastic bottle.

_____ **Insect repellent** (and perhaps some soft-mesh mosquito netting; this comes in standard sizes and can be draped and/or tacked around camper bunks).

Other Crucial Items

_____ **Medications/vitamins** (enough for the entire stay at camp) to be given to the nurse. the first day of camp.

_____ **Stationery with stamps already on envelopes** (minimum of 8) in ziplock bags to keep the envelopes from sticking closed in humid weather.

_____ **Pens and pencils.**

_____ **Book for leisure reading** (at least one, and it should be fun!).

Optional Items

_____ **Laundry bag** (mesh, if possible)

Items that Must be Left at Home



By law, ACA regulation, and/or F&W policy, the following items are not allowed at camp: hatchets, guns of any kind, large and/or many-bladed knives, knives with blades longer than 3 inches; candles; electronic games and keyboards and other electronic devices (iPods, MP3 players, etc.), breakable bottles, aerosol sprays, candy and junk food. ***Please leave all valuable and irreplaceable items at home.***