

F&W Staff Packing List



Consider this list a strong recommendation – you can adapt as needed.

This list is for all genders - some items may not pertain to you, and that's okay.

Some positions at camp do not require all the items listed below (cooks who do not go on trips, etc.)

WHEN IN DOUBT ABOUT ANYTHING ON THIS LIST, EMAIL YOUR CAMP DIRECTOR.

Quick Links

Clothing	Toiletries	Outdoor Living	Recommended Items	Electronics
Storage at Camp	Cars at Camp	What NOT to bring	International Staff	Where to Buy
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Further Links: Cabin Walkthroughs by Camp

Firefly Song Cabin Walkthrough	Saltash Mountain Cabin Walkthrough	Tamarack Farm Cabin Walkthrough	Timberlake Cabin Walkthrough
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Essentials

Please Note: Generally bring clothes that you don't mind getting dirty (especially something to keep in mind with great sneakers). **Also, temperatures at camp can fluctuate significantly over the course of a day:** it is not unusual for it to be 55°F (or a little lower sometimes!) (13°C) when we wake up and 85°F (29°C) by the end of lunch. Also, make sure you have some non-cotton clothing items, since they dry quicker than cotton. Workout/gym/sport clothes work great!

Clothing	Note
12 pairs of regular socks	At least – trust us. If you can get light/athletic wool socks , like a merino blend, even better.
1 pair of hiking boots	You likely will be leading a hike with campers at some point. Have a sturdy pair that is broken in and fit well. SAM staff and TL/FS Trips Staff need a pair of waterproof hiking boots that do not have to be leather.
1 Pair of Sneakers	At least
1 Pair of Flip-flops or Similar	For showers & swimming
4-6 Short-sleeved Shirts	Have at least one shirt you don't mind getting paint/mud/markers on
2 Long-sleeved Shirts	
2 Pairs of Pants	At least a sturdy pair of jeans or canvas duck pants. Sweats/joggers/leggings generally fine
2-3 Pairs of Shorts	
2-3 Skirts/Dresses	
2 Additional Tops for Layering	Think light jackets, hoodies, etc. We recommend having at least one non-cotton warm layer for rainy days. Cotton takes a long time to dry
1 Heavier Sweater or Jacket	Water resistant preferable. For SAM staff and TL/FS Trips Staff, a long-sleeved wool or fleece that is warm and able to be packed in a backpack
8+ Pairs of Underwear	Enough to get you to the weekly laundry, but you can pack some spares
1-2 Bathing Suits	

Sleepwear	Whatever's comfortable for you. Keep in mind you'll most likely be sharing a cabin with campers and other staff.
Rain Gear	Even when it rains, we play outside. Invest in a good poncho, ideally one with a lining to stay warm, and consider rain pants. Umbrellas are not a substitution for this, they don't do the job at camp.
Hats	A hat for when it's cold (like a beanie/knit hat) and a hat for when it's sunny, like a ballcap or cowboy hat
3-4 Bras	At least one sports bra recommended
Toiletries	Note: Camp is in a rural area, we suggest bringing enough of your preferred toiletries to last the summer (you may not want to use your day off for this type of shopping).
Toiletries Bag	Something to carry shower items back and forth
Toothbrush	Old fashioned manual type recommended. Electric ones may be difficult to recharge.
Toothpaste	Something to last the summer. Travel size isn't big enough
Soap & Shampoo	Biodegradable/plant based if possible (examples). LABELED with your name, put clear packaging tape over the label to keep it on
2 Towels	At least two are helpful. They won't dry quickly as we generally air dry them. Large, heavyweight bath towels can pose problems as they don't dry quickly and take up lots of drying space in the cabin
Laundry Bag	Something to keep your dirty clothes separate from the rest of your stuff
Menstrual Supplies	Extras/back-up always available at the infirmary
Deodorant	
Extra Contacts + Supplies	
Sunblock	Avoid aerosol cans
Bug repellent	We do have mosquitos, particularly in the early part of the summer. Avoid aerosol cans. Consider treating clothing with a Permethrin spray prior to arrival.
Chapstick	
Medications/vitamins	NOTE: Any prescriptions will need to stay locked in the infirmary or a lockable staff locker. Over the counter medications will be available in the staff room. NO MEDICATIONS CAN STAY IN A CABIN. If you have a question about this, ask your camp director.
Bedding	Note: Reminder, it gets COLD at night, in June it often is below 50 degrees. A heavy blanket and/or sleeping bag is STRONGLY recommended.
One of the Following:	
Option 1	2 twin fitted sheets, 2 twin flat sheets, 2 twin blankets
Option 2	2 twin fitted sheets, 2 twin flat sheets, 1 twin blanket, and 1 sleeping bag
Option 3	1 sleeping bag and 1 wool or microfleece blanket
1 Pillow and 2 Pillowcases	Extra pillowcase for laundry days
Outdoor Living/Trips	Note- Headlamps are great at camp (even if you aren't going on trips) and unless you are a cook, you are most likely going on a trip. If you have questions, ask your Camp Director.

2 water bottles	LABELED with your name. 1 liter is a good size. The sturdier, the better.
1 Headlamp	Handheld flashlights are NOT recommended. Headlamps are much more versatile and useful, one that uses batteries rather than rechargeable may be more convenient. You cannot use your phone as your main flashlight.
1 Watch	You cannot use your phone as your watch. Check in with your Director regarding smart watches.
2 or more Bandanas	Helpful for games, wiping your hands, etc.
Sleeping Bag	We recommend synthetic sleeping bags rated to ~20-40°F. Include compression sack so it can be stuffed into a frame pack. This can be the same sleeping bag if you choose to bring one for bedding. Questions, ask your camp director.
Sleeping Pad	Like a mini mattress for a sleeping bag.
Small Backpack	Helpful to carry things around during the day or on short hikes.

Recommended/Optional

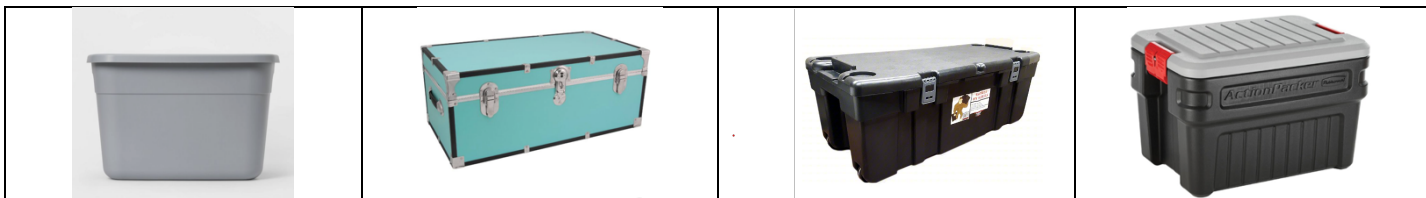
2-3 pairs of boot-length Wool Socks	Great for cold and wet days, wool is naturally odor resistant, and so can be worn a few times between washes
Foam Mattress Topper	Size Twin XL for camp mattresses.
1 Pair Rubber Boots	Great for rainy days and dewy mornings
1 Pair of Long Underwear	Thermal tights for extra insulation
Hiking Backpack	If you have one already or are looking to invest.
Musical Instrument	Be sure to have a sturdy case. Camp is not responsible for your instrument.
Laptop + LABELED Charger	Put your name on the charger or it will walk away.
Phone + LABELED Charger	Put your name on your charger or it will run away.
Bug Net	Different people have different ideas about bug nets. We recommend them for campers. Camp tends to be the buggiest at the start of the summer. A rectangular one is suggested.
Camp Chair	
Work Gloves	We have camp gloves, but your own pair (LABELED) is helpful to have
Sunglasses	Put your name on the sunglasses or you might see someone else wearing them and wonder if they look that cool on you and realize those are yours but if they aren't labelled, there's no proof
Games	Good to share with cabin or staff, small and simple like card games and not so much a complex board game with a giant box that takes hours to learn.
Fixed-blade Sheath Knife	You'll probably use it more than you realize. No folding/locking blades nor blades longer than 4".
Fun/Costume Clothes	Clothes you might wear for fun days with campers - fun hats, loud shirts, etc.
Travel Coffee Mug	Great to have in the morning for coffee/tea! While we do have coffee cups, having your own can be helpful, especially when labelled with your name.
Spare batteries	It can be a pain to get to replace your headlamp batteries mid summer.

Storage at Camp

Cabin Storage

You will have under-bunk storage in your cabin. We recommend a trunk, sturdy container, or sturdy luggage. Ideally, it should be something you can easily pull in and out from under the bunk, less than 19 inches tall. Duffel

bags tend to work less well, and we don't recommend them. **Exception: The Clearing staff should bring a duffel, not a trunk.**



Other Staff Storage

There may be storage space in designated staff areas; details can be provided by your camp director. These are not lockable spaces.

What NOT to Bring

Alcohol	Explosives	Firearms or weapons of any kind
Recreational Drugs (including tobacco products)	Candles	Knives with blades that fold or are longer than 4 inches
Hatchets	Breakable Bottles	

Cars at Camp

It may be helpful for you to have a car at camp to use on your day off. If you choose to drive/park your personal vehicle, you assume all risk, liability, and responsibility for your vehicle. Lock your vehicle and avoid storing items of value in your vehicle. You will be required to “register” your vehicle upon arrival. You will not be able to park at your camp. We do, however, have a designated parking area on Farm and Wilderness property. There is no place to charge personal plug-in vehicles on Farm & Wilderness property, but there are locations to do so nearby.

Specific information for Electric Vehicles: **Farm & Wilderness does not have a charging station on camp property.** The closest charging station to 401 Farm and Wilderness Road is at the [Killington Skyship](#). For those working at Saltash Mountain or The Clearing, the closest charging station is in [Ludlow, VT](#).

Laptops, Smart Phones, Smart Watches, & Other Devices

We are “unplugged” during the summer. Device use (including Wi-Fi access) will be **restricted to specific times and areas. You may not carry your cell phone on your person during the day.** Smart watches are fine as long as they are not receiving messages during the day and do not cause distractions. Check with your Director regarding smart watches.

Laptops should be stored in a staff designated space. Even indoor spaces at camp are considered “outdoors.” This means your laptop will be susceptible to outdoor temperature and humidity fluctuations. **We highly recommend a padded/insulated sleeve for your laptop.** F&W is not responsible for damaged laptops.

Note about metal-bodies laptops, especially Macs: due to how well all-metal computer bodies conduct the cold, especially consider a padded & insulated sleeve for Macs.

Buying Gear for Camp

Farm & Wilderness recognizes that the prospect of buying every piece of equipment on the above list is an expensive one. Obtaining the things on this list does not need to be an economic hardship; much of the equipment can be found used. Make every reasonable effort to bring your own gear - thrift stores, TJ Maxx, Sierra, and Ross have brand name alternatives to full priced gear, or maybe someone can lend you an item. Below is a list of suggested retail stores that offer used or consignment items. If you are going to buy new, we suggest investing in gear that you plan on using for years to come. **If you have concerns about purchasing what you need, check with your Director.**

If there are items on this list that you do not have and cannot get, please let your director know and make arrangements BEFORE arriving at camp, ideally using the pre-arrival checklist in CampDoc. We have limited supplies of larger, pricier items for staff to borrow (like frame packs, sleeping bags, sleeping pads).

Valuables at Camp

While we strive to be an open and trusting group, we need to be aware that cameras, knives, binoculars, and other attractive gadgets can be a temptation for some. Keep your valuables out of sight and avoid keeping large amounts of cash in your cabin. Passports, tickets, and small valuables may be kept in the office safe. **F&W is not responsible for lost, damaged, or stolen possessions.**

You are welcome to bring bicycles (w/helmets), non-motorized boats and other equipment (personal equipment can't be used in camp programming on our property but can be used on days off). Unfortunately, F&W has no way of providing security or insurance for these items. Bring them at your own risk.

Laundry

Camp provides a weekly laundry service for campers and staff. Please be aware that there are a couple of days between pick-up of dirty items and their return to camp, and that is why we suggest packing clothing for a bit more than one week to account for the time laundry is out.

Label Your Stuff

Tip: Please label everything! Things get misplaced at camp! Your name and address should be on the outside and inside of trunks or duffel bags. Your name should be on all your belongings. Matching the specific kind of label to the item is crucial: use iron-on for any clothing that can be ironed, or clothing-specific stick on labels for tags. When using stick on labels or marker on hard surfaces like a water bottle or suitcase, put a piece of clear packaging tape over the writing or label to ensure it stays on there and readable! There're even specific labels made to go on the inside of your shoes.



International Staff

Camp will provide your pillows and pillowcases, sleeping bag to borrow, and necessary tripping gear. You are welcome to bring your own of any of those, and we recognize that traveling internationally with lots of gear can be tough.

Where to Buy

Suggested Used, Trade-in, Outlets, & Consignment Outdoor Gear & Clothing Stores

[Steep & Cheap](#)
[Sierra](#)
[eBay Camping & Hiking Equipment](#)
[Geartrade](#)
[Goodwill](#)
[North Face Renewed](#)
[Outdoor Gear Exchange Consignment](#)
[OutdoorsGeek](#)
[Patagonia Worn Wear](#)
[REI Outlet](#)
[REI Good & Used Clothing Store](#)
[ThredUp](#)

Suggested Outdoor Gear Retail Stores or Brands

[Backcountry](#)
[Campmor](#)
[Carhartt](#)
[Columbia](#)
[Dovetail Workwear](#)
[Granite Gear](#)
[Liberty Mountain](#)
[Marmot](#)
[Merrell](#)
[Moosejaw](#)
[Oboz Footwear](#)
[Outdoor Gear Exchange](#)
[REI](#)
[Vasque Footwear](#)