



CAMP WOODBROOKE

A Small Summer Camp with a Whole Lot to Offer!

Richland Center, Wisconsin

www.campwoodbrooke.org

Canoe Teen-Trip Clothing and Equipment List

We are excited that your teen will be with us for a teen session and have a few tips on making this a more enjoyable experience for all. Teen campers have limited room in tents for personal belongings and will want to pack as lightly as possible. The list on the back of this page reflects this. If you have trouble obtaining something, please contact us at least two weeks in advance so we can assist in locating the item(s). We suggest bringing small containers of toiletry items (shampoo and toothpaste).

Please be sure all belongings are marked with the camper's name or initials. Attaching an itemized list to the camper's bags gives a good reference for both campers and counselors as well. We recommend packing apparel items in small duffel or soft bags. To protect things from water and humidity the bag can be lined with a plastic bag. Please discuss with your camper that he/she should not put wet, damp, or extremely soiled items back in the container with other clean items.

Teen-Trips spend most of the two weeks out of camp. The first part will be spent at a State Park where there will be day hikes, some practice with canoe techniques, and a climbing activity led by a local, certified outfitter. A multi-day canoe outing on a Wisconsin River will round out the trip, before returning to Woodbrooke for the last two days.

Each teen will need a backpack for day hikes and can pack the rest of the gear in one or two small duffel bags that can be taken in the canoe. Because the teens will be on the river for several days, they may need extra sun protection. A lightweight long-sleeved shirt could be used.



Insect repellent (NON-aerosol/spray): Roll on or liquid is best. With aerosol, spray or pump repellent there is always a concern it will get in eyes, ears, etc. - yours or another person's. We follow the Wisconsin Department of Health recommendations concerning the control of Lyme Disease. "Insect repellents containing 0.5% permethrin or 30% DEET have been shown to be effective in repelling deer ticks." Teen campers will wear long pants, long-sleeved shirt, and hat when hiking. We have daily tick checks in order to prevent Lyme Disease.

Note: Camp Woodbrooke is a place to listen and learn from nature's own music and joys. Please do not bring any electronic items including but not limited to Ipods, MP3 players, electronic readers, cell phones, and electronic games or organizers. Also, please leave at home all food, candy, pop, and gum as they attract wild animals.

If you have further questions, please call the camp phone number 608-647-8703 or send us an email.

Canoe Teen-Trip Clothing & Equipment List

We recommend that apparel items be packed in small duffel or plastic bags. Insect repellent should be in a roll-on or liquid form. **Please do not bring any electronic items (cell phones included) and no food, candy, or gum.**

Sleeping Gear

Sleeping bag (*lightweight, that can be compressed to small size*)

Stuff sack for the sleeping bag

Lightweight sleeping pad (*Thermarest ridge-rest or z-rest type pads are optimal – no regular foam or air mattress*)

Stuff sack for the sleeping pad

Pillow (optional) – (*Sweatshirts work as great pillows on the trail.*)

Clothing/Apparel

4 t-shirts

1 long sleeved shirt

1 non-cotton fleece or sweatshirt

Socks – several pairs

White t-shirt for silk screening

2 pairs breathable, lightweight non-jean pants

2 pairs shorts

Underwear

Pajamas (optional)

Waterproof rain jacket

Poncho

Swimsuit

Hat with brim

Bandanna

1 pair closed shoes (sturdy sneakers)

1 pair shoes with backs that can get wet.

Hiking and Canoeing Equipment

Backpack for hiking

Towel

Sunglasses

Miscellaneous Equipment

Whistle

Pen and paper

10 – 1 gallon size Ziploc plastic bags

10 – 1 quart size Ziploc plastic bags

Flashlight/headlamp & 1 set extra batteries

Unbreakable bowl, spoon & fork (*or spork*)

Cup for hot or cold drinks

Pocket knife

2 large, heavy-duty water bottles

6 large heavy-duty black garbage bags

Toiletries and Shower Items

1 small bath towel

Comb or brush

Toothbrush & toothpaste

Soap

Shampoo

Insect repellent

Sunblock (*SPF 30 or higher*) *Lots!*

Lip balm

Deodorant

Feminine Hygiene Products

Optional Items

Notebook for a journal

Book

Small camera (*prefer waterproof*)

Stationery and stamps

Deodorant (*if you must!*)

Harmonica