



A Small Summer Camp Simple Living Close to Nature

Richland Center, Wisconsin

www.campwoodbrooke.org

2021 Teen Bike Session Clothing and Equipment List

The following tips will make for the best possible experience for all. Teens should pack as lightly as possible because all gear will be carried on their bikes. The included packing list reflects this. The items on this list can be bought from stores with an “outdoors” or “recreation” department. Teens often borrow gear from friends or family, which we certainly encourage. If you have trouble obtaining anything not optional on this list, please contact us at least two weeks in advance so we can assist you in locating the item(s). We suggest bringing small containers of toiletry items (shampoo & 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 bag with other clean items. A separate plastic “laundry” bag is encouraged.

Special Biking Gear: The most important piece of equipment is your bicycle. We recommend “hybrid” bicycles. There should be multiple gears. You need to have it checked over at a bicycle shop prior to camp to be sure that it is properly aligned, that the tires are in good shape, and that it is correctly adjusted for you. We also recommend padded biking shorts (or an extra-padded bike seat). A well fitted bike helmet is a requirement, and a pair of panniers (saddlebags) is also needed. If you can’t purchase or borrow panniers, here is an on-line tutorial for making your own: www.rei.com/blog/cycle/diy-make-your-own-bucket-bike-panniers. We urge you to get these biking details accomplished by mid-June. The camp staff is available to answer questions and assist in helping with outfitting. We suggest that you practice loading your gear in the panniers and using the bungee cords to attach your bedroll and sleeping pad to the back of the bike – and riding the bike fully loaded. It takes practice! Does it all fit easily? If not, figure out what you can do without. One change of clothing can be left at Woodbrooke for the last couple of days.

Insect Repellent non-aerosol/spray): Roll on or liquid is preferred. With aerosol, spray, or pump repellent there is the concern it will get in eyes, mouth, etc.- yours or that of someone else. We follow the WI 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 I-pods, MP3 players, electronic readers, cellphones, and electronic games or organizers. They will be confiscated by staff until the end of the camp session. Also, please leave at home all food, candy, pop, and gum, as they attract wild animals and bugs.

If you have further questions, please call 608-647-8703, or email office@campwoodbrooke.org

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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-Biking

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

Stuff sack for sleeping bag

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

Stuff sack for 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 sweatshirts

Socks – several pairs

White t-shirt for silk screening

1 pair breathable, lightweight pants

2 pairs shorts

1 or 2 pair padded biking shorts

Underwear

Pajamas (*optional*)

Waterproof rain jacket

Poncho

Swimsuit

Hat with brim

Bandana

1 pair old sneakers (*or sandals*) that can get wet

1 pair sneakers for biking

1 pair rain pants

Biking & Hiking Equipment

Bicycle (see first page for details)

Helmet – properly fitted

Extra inner tube

Inner-tube patching kit

1-2 two-foot bungee cords

Reflector on back of bike

Sunglasses

1 pair panniers

Bracket for water bottle

Cable & lock

Miscellaneous Equipment

Whistle

Pen & paper

10-1 gallon size Ziploc plastic bags

10-1 quart size Ziploc plastic bags

Flashlight/headlamp & 1 extra set batteries

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

Cup for hot and/or cold drinks

Pocket knife

1 large water bottles

2 large heavy-duty black garbage bags

One-quart Nalgene-type water bottle

Lip balm

2-4 washable & 10 disposable face-masks

Personal hand-sanitizer

Toiletries & Shower Items

1 small bath towel

Comb or brush

Toothbrush & toothpaste

Soap

Shampoo

Insect repellent (*non-aerosol*)

Sunblock (*SPF 30 or higher*)

Optional Items

Notebook or journal

Book

Small camera (*preferably waterproof*)

Stationery and stamps

Deodorant

Harmonica