



A Small Summer Camp Simple Living Close to Nature

Richland Center, Wisconsin

www.campwoodbrooke.org

2024 Teen Canoe Session 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. There will be day hikes, some practice with canoe techniques, and a lot of time spent on various Wisconsin rivers. A multi-day canoe outing on a Wisconsin River will round out the trip, before returning to Woodbrooke for the last day or two.

Each teen will need a backpack for smaller items, 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 most of the trip, they will need extra sun protection. Don't underestimate this! A rash guard is an excellent way to get lightweight protection that is comfortable for swimming, as well.

Sun Protection: The river will provide endless sun, with an increased risk of severe sunburn. Please pack a hat with a brim (to protect ears and neck), sunglasses, shirts that cover shoulders (tank tops are not recommended), and lightweight long pants.

Insect Repellent: 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 a hat when hiking. We have daily tick-checks in order to prevent Lyme disease. Roll-on or lotion is best to avoid spray getting in eyes, ears, etc. – yours or another person's.

Note: Camp Woodbrooke is a place to listen and learn from nature's own music and joys. Please do not bring any electronic items. We use this time to build relationships, and electronics get in the way of that. 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 608-509-7061, or email office@campwoodbrooke.org

2022 Teen Canoe Session Clothing and Equipment List

We recommend that apparel items be packed in small duffels lined with plastic bags.

Sleeping Gear-Canoeing

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

Waterproof stuff sack for sleeping bag

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

Waterproof stuff sack for sleeping pad

Small pillow (*optional – sweatshirts work as great pillows on the trail*)

Clothing/Apparel

4 t-shirts

1-2 long-sleeved shirts, sun blocking if possible – exposure will be high!

1 non-cotton fleece or sweatshirt

Socks – several pairs

White t-shirt for silk screening

2 pair lightweight non-denim pants

2 pair shorts

Underwear

Pajamas (*optional*)

Waterproof rain jacket

Poncho

Swimsuit – adequate for actual swimming (bikinis not recommended)

Hat with brim

Bandana

1 pair shoes with backs that can get wet

1 pair closed-toe, sturdy sneakers

Miscellaneous Equipment

Small backpack for personal gear

Whistle

10-1 gallon size Ziploc bags

10-1 quart size Ziploc bags

Flashlight/headlamp & 1 extra set batteries

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

Cup for hot and/or cold drinks

Pocket knife

2 Large, heavy-duty water bottles

4 large heavy-duty black trash bags

Toiletries & Shower Items

1 small towel

Comb or brush

Toothbrush & toothpaste

Soap

Shampoo

Insect repellent

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

Optional Items

Notebook or journal book

Small waterproof camera

Stationery/postcards, paper, pen, & stamps

Deodorant (*scent free – to not attract animals*)

Harmonica