

## Trip Clothes: THE BIG FIVE (plus one for hikers)

At Songadeewin your daughter will be on a trip each month she is at camp. On our clothing list there is a list of important trip clothing and equipment that she'll need for trips. Please read that carefully and call if you have any questions. This is the list of five things the staff feel are **most important** for your daughter's safety and comfort on her trips.

#1	<p style="text-align: center;"><b>RAIN GEAR</b></p> <p>This must be sturdy and well made and water repellant, not simply water resistant. A good jacket is <b>a must</b> and rain pants are optional until girls are on longer (8+ days) trips. L.L. Bean's Discovery Jacket and Pants are a good choice as are Lands End Kid's Rain Slicker or Packable Rain Jacket. When I looked up this item at Campmor they had good rain suits for kids that were \$10.99 and \$19.99 – not always available, but a bargain if they have them.</p>
#2	<p style="text-align: center;"><b>POLYESTER FLEECE TOP or WOOL SWEATER</b></p> <p>A good, old fashioned wool sweater works fine here and there is also a lot of polyester fleece available too. This item needs to keep your child dry and warm when it is wet out. The key is that it be <u>100% polyester</u>! <b>NO COTTON!!</b> Beware some catalogs and stores sell a product they call fleece but it is mostly cotton – your typical kids sweatshirt. If you are looking at Polartec brand fleece, 200 weight should be plenty heavy for summer. L.L. Bean's Trail Model fleece works well. Lands End has lots of fleece. Campmor again came in with the lowest price with a \$16.99 crew neck.</p>
#3	<p style="text-align: center;"><b>NON-COTTON, LONGSLEEVE TOP</b></p> <p>This is important because it is to wick away moisture while keeping the wearer warm, but not too hot. Great for under a PFD on a day when the weather is changing a lot –or on a hiking trip when it's buggy. This is sometimes sold as a Long Underwear top. L.L.Bean: Wicked Warm Top – Midweight (\$18), Lands End: Kids Thermaskin 100% polyester set, Sierra Trading Post Wickers Kids Midweight only \$7.95 when I checked – again not always available, but a great deal.</p>
#4	<p style="text-align: center;"><b>POLYESTER FLEECE PANTS</b></p> <p>Like sweatpants, but <b>NO COTTON</b>. Lightweight and easy to get on and off for around the campsite when evening has settled. Will be warm even if they get damp. L.L. Bean has Microfleece Sweatpants, Lands End had Fleece Yoga Pants, and Campmor had micro fleece pants of 100% polyester for just \$16.99.</p>
#5	<p style="text-align: center;"><b>WET LOADERS</b></p> <p>These must be sturdy shoes that can get wet and remain comfortable for walking. These are what we wear whenever we canoe and are to keep the feet from getting injured. They need be lace-up models so that they will not get sucked off in mud – once Velcro gets full of dirt it is useless for keeping shoes on. These <b>CANNOT</b> be: Tevas or other kinds of sandals, aqua socks, or Crocs. Old sneakers that no longer really fit are a problem because they cause blisters that make portaging that much more painful and create open wounds on your child's feet. Old sneakers that still fit comfortably are fine. There are also some newer water shoes that work well and dry out faster than an old sneaker, but some of these can be expensive. Shop around and look at sale catalogs and you should be able to find good ones at a reasonable price.</p>
#6	<p style="text-align: center;"><b>GOOD HIKING BOOTS – BROKEN IN</b></p> <p>Especially for older girls who choose a backpacking trip. Visit your local outdoor store to get fitted and have her wear them around before camp starts.</p>

Websites to visit to find the proper gear – do your research on them and then buy locally or find bargains at the two latter sites. L.L.Bean [www.llbean.com](http://www.llbean.com) Lands End [www.landsend.com](http://www.landsend.com) Sierra Trading Post [www.sierratradingpost.com](http://www.sierratradingpost.com) (They don't always have everything, but they have some of the best bargains around.) Campmor [www.campmor.com](http://www.campmor.com) (Often have really good discounted prices, esp. on kids wear)