

Advice About Clothes and Equipment For Trips

At Keewaydin your son will be on a trip each month he is at camp. On our clothing list there is a list of important trip clothing and equipment that he'll need for trips. Please read that carefully and call if you have any questions. This is a list of six things the staff feel are **most important** for your son's safety and comfort on his trips. We have a relationship with [Summer Camp Supply](#) (click on the name and get to a helpful list of trip items). There are other websites that offer good outdoor equipment:

L.L.Bean: www.llbean.com, EMS: www.ems.com, REI: www.rei.com, Campmor: www.campmor.com. Shop around; sometimes your local stores will have these same items at different prices and sometimes different websites will have the same merchandise with better prices.

#1	<p style="text-align: center;">RAIN GEAR</p> <p>Having a light-weight packable jacket is important. This must be sturdy and well made and water repellant, not simply water resistant! A good jacket is a must; rain pants are required when in Wiantinaug and Moosalamoo, but optional for other wigwams. Avoid raincoats with heavy linings! These tend to cause over-heating due to the nature of tripping activities. The other items listed below can be combined in layers to create more warmth if necessary.</p>
#2	<p style="text-align: center;">POLYESTER FLEECE TOP</p> <p>Layers are critical for warmth. This item needs to keep your child dry and warm when it is wet out. The key is that it be 100% polyester! NO COTTON!! Beware of some catalogs and stores that sell a product they call fleece but it is mostly cotton (a typical kids sweatshirt is mostly cotton). If you are looking at Polartec brand fleece, 200 weight should be plenty heavy for summer.</p>
#3	<p style="text-align: center;">POLYESTER, NON-COTTON, TOP AND BOTTOM</p> <p>This is important because it wicks away moisture while keeping the wearer warm, but not too hot. Great for under a PFD on a day when the weather is wet or changing a lot –or on a hiking trip when it's buggy. MID-WEIGHT IS BEST, but a lightweight top, combined with a warm fleece top suggested in #2, will also work great! Light-weight or mid-weight bottoms are great. These are sometimes sold as, "base layer" or "Long Underwear top and bottom."</p>
#4	<p style="text-align: center;">WET LOADERS</p> <p>These are what we wear whenever we canoe and are important to keep the feet from getting injured. These must be sturdy shoes that can get wet and remain comfortable for walking. 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. <i>These CANNOT be: Tevas or other kinds of sandals, aqua socks, or Crocs.</i> 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 these can be expensive. Wet loaders must completely cover the foot, no open toed shoes!</p>
#5	<p style="text-align: center;">GOOD HIKING BOOTS – BROKEN IN</p> <p>Good boots are a requirement for Wiantinaug and Moosalamoo campers going on backpacking trips. Visit your local outdoor store to have them properly fitted and have him wear them around before camp starts. Annwi and Waramaug campers may substitute sturdy trail shoes or high tops sneakers for hiking boots.</p>
#6	<p style="text-align: center;">SLEEPING BAG</p> <p>The sleeping bag is also another important piece of equipment. A good sleeping bag should be both warm and packable in a small to medium sized stuff sack. We have found the best sleeping bags to be those made from synthetic fibers, sometimes called hollow-fill, fiber-fill. These sleeping bags will still provide comfortable warmth even if they get wet. Avoid cotton or down feather filled sleeping bags as these will not provide warmth when wet. An appropriate sleeping bag will have a temperature rating associated with it. A good summer time sleeping bag will have a rating of about 20°F. A sleeping bag with a lower temp rating may be too hot and bulky and one with a higher temp rating may be too cold! Please make sure your sleeping bag has a minimum rating of 20°F.</p>