

**SONGADEEWIN OF KEEWAYDIN
2019 CLOTHING LIST AND TRUNK CHECKLIST**

CAMPER'S NAME _____

Please indicate the number of items which are being sent to camp so that your daughter's staff will be able to help see that everything is returned at the close of the season. (Be sure to count the clothes your daughter wears to camp.) **Tuck this in your daughter's luggage for her to use when packing up. Label everything with your daughter's name.** Some of the items below can be purchased at the website [Summer Camp Supply](http://SummerCampSupply.com) which is made specifically to help you find trip gear for your camper. **7th -9th graders:** Don't forget to BRING YOUR PASSPORT.

CLOTHING

- _____ Shorts (4-6)
- _____ Long pants (3-4)
- _____ Short-sleeved shirts
- _____ Long-sleeved shirts (3-4)
- _____ Tank tops
- _____ Sweatshirts
- _____ Swimsuits(2) appropriate for active watersports
- _____ Underpants (8-12)
- _____ Socks (12 pair or more)
- _____ Wool socks (2 pair)
- _____ Sweatpants (optional)
- _____ Pajamas or other sleeping clothes
- _____ Bathrobe (optional)

SHOES

- _____ Sneakers (1 or 2 pair)
 - _____ Wet loaders (old tennis shoes for loading canoes and wearing on canoe trips)**
- Tevas, aqua socks, Keens or Crocs may not be used as wet-loaders**
- _____ High-top sneakers or hiking boots for hiking**
 - _____ Flip flops (for showers only)
 - _____ Rain boots – we walk through wet grass in the morning to get to breakfast
 - _____ Sandals (optional)

BEDDING & INCIDENTALS

- _____ Towels (4) (not included in Linen Rental)
- _____ Sheets (at least 4 flat or two full sets of fitted and flat)
- _____ Pillowcases (2)
- _____ Pillow
- _____ Blankets (3)
- _____ Large laundry bag*
- _____ Toilet kit (soap, toothpaste, etc)
(Please do not send aerosol cans of any type)

TRIPPING CLOTHES & EQUIPMENT

- _____ Wool or fleece sweater or a thermax or polypropylene long-sleeved shirt**
- _____ Polyester / synthetic long underwear bottoms**
- _____ Raincoat with hood**
- _____ Polyester fleece pants**
- _____ Rain pants (optional until finished 7th grade)
- _____ Hat with brim for sun protection
- _____ Knit hat (wool or synthetic)
- _____ Sleeping bag with stuff sack
- _____ Sleeping pad
- _____ Flashlight/Headlamp
- _____ Trip/River waterproof bag* 25" x 43"
- _____ Canteen/water bottle *
- _____ Insect repellent (non-aerosol)
- _____ Sunscreen
- _____ Sport band for glasses
- _____ Bandannas (optional)
- _____ Carabiners for attaching items to river bags

OPTIONAL ITEMS

- _____ Envelopes, stamps, notepaper, addresses
- _____ Books
- _____ Playing Cards/Games
- _____ Camera
- _____ Costumes (for 2nd mo. Halloween or shows)
- _____ Casual dress/outfit for banquet 2nd month
- _____ Clothing for theme days – Valentines & July 4
- _____ Softball glove
- _____ Tennis racket and balls
- _____ Musical instrument
- _____ Fishing pole
- _____ Compass
- _____ Ciniba – for coups (returning campers)
- _____ OTK Tie and Pin (returning Old Timers)
- _____ Knitting needles, crochet hook, yarn
- _____ Friendship bracelet string
- _____ Extra pair of glasses/contacts
- _____ Binoculars

* Available at our store

** See The Big Five (page 2) for more details

We ask that your daughter not bring any clothing that advertises or promotes alcohol, drugs, or other questionable areas. While this type of clothing may be appropriate elsewhere, we would like their Songadeewin experience to be "different and special". Dresses, skirts and fancy clothes are not needed at camp; however in recent years girls have been wearing casual sundresses and rompers on especially hot days. Shoes should be appropriate for walking on rugged, uneven ground. No make-up, please, but nail polish is okay.

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. Working with [Summer Camp Supply](#) we've created a "one-stop shop" where you can purchase the trips items your camper will need for trip. There are other supplies listed below as well.

#1	RAIN GEAR
	This must be sturdy and well made and water repellent, not simply water resistant. A good jacket is a must and rain pants are optional until girls have finished 7 th grade. 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.
#2	POLYESTER FLEECE TOP or WOOL SWEATER
	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> NO COTTON!! 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 \$19.99 quarter-zip.
#3	NON-COTTON, LONGSLEEVE TOP
	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, Campmor had a \$10.99 top, Sierra Trading Post, Kids Midweight only \$10.95 when I checked –not always available, but a great deal.
#4	POLYESTER FLEECE PANTS
	Like sweatpants, but NO COTTON. 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 \$19.99.
#5	WET LOADERS
	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 CANNOT be: Tevas or other kinds of sandals, aqua socks, Keens 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.
#6	GOOD HIKING BOOTS – BROKEN IN
	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.

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 Lands End www.landsend.com Sierra Trading Post www.sierratradingpost.com (They don't always have everything, but they have some of the best bargains around.) Campmor www.campmor.com (Often have really good discounted prices, esp. on kids wear)