

# Songa Clothing & Equipment Checklist

Camper's Name

Please indicate the number of items which are being ser	nt to camp so that your daughter's staff will be able to
ensure that everything is returned at the close of the sea	son. Print and tuck this in your daughter's luggage for her
to use when packing up. Label all items of clothing wit	
Clothing	Tripping Clothes & Equipment
4 - 6 pairs shorts	wool or fleece sweater (see packing notes)
3 - 4 pairs long pants	polyester/synthetic long underwear bottoms
8 - 10 short-sleeved shirts	raincoat with hood (see packing notes)
3 - 4 long-sleeved shirts	polyester fleece pants (see packing notes)
3 tank tops	rain pants (optional until finishing 7 <sup>th</sup> grade)
2 sweatshirts	hat with brim for sun protection
2 swimsuits, appropriate for active watersports	warm knit hat (wool or synthetic)
8 - 12 pairs of underwear	sleeping bag with stuff sack
12 pair of socks	sleeping pad
2 pair wool socks	headlamp
sweatpants	65 liter waterproof river bag with backpack straps
pajamas or other sleeping clothes	(available at Songa Store)
10 N95 or KN95 masks	2 water bottles/Nalgenes
casual dress/outfit for banquet 2 <sup>nd</sup> month	insect repellent, non-aerosol
	sunscreen
Footwear	carabiners for attaching items to river bag
1 pair of sneakers	
1 pair wet loaders (see packing notes)	Other
1 pair of hiking boots	passport (for campers finishing 8 <sup>th</sup> & 9th grades)
1 pair rain boots or Bean boots	envelopes, stamps, notepaper, addresses
1 pair of sandals, crocs or chacos	books
	deck of playing cards or small games
Bedding/Linens	camera
4 towels	extra pair of glasses/contacts & glasses sports band
2 sets of sheets (twin sized)	
2 pillowcases*	Optional
1 Pillow*	bathrobe
3 Blankets*	1 pair flip flops (for showers only)
supply of toiletries & personal items (soap,	bandannas
toothpaste, pads, tampons, etc)	costumes & clothing for theme days - Valentine's,
large laundry bag (available at Songa Store)	Halloween, & shows
	softball glove, tennis racket, lacrosse stick
*If you are renting linens from camp, blankets, a pillow, &	binoculars &/or compass
pillowcases are included in your rental & you need not pack these	guitar, ukulele, or other portable musical instrumen
items.	ciniba for coups (returning campers)
	OTK tie and pin (returning Old Timers)
	knitting needles, crochet hook, yarn, friendship

bracelet string



# Packing Notes on Trip Clothes & Gear

At Songadeewin, each camper goes on a trip each month she is at camp. Below are details to help you understand what your child needs to be comfortable on trip. We recommend researching online and/or bringing this packing list to a local outdoor goods store including, L.L.Bean, Lands End, Campmor, REI, or EMS. Please give us a call with any questions!

#### Rain Gear

Rain jacket & pants must be water repellant, not simply water resistant. Example: <u>L.L. Bean's Trail Model Jacket</u> or rain pants.

# 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 100% polyester! Please, no cotton. Example: <u>L.L. Bean Mountain Classic Fleece Jacket</u>

## Non-Cotton, long sleeved top

This is an important layer which wicks away moisture while keeping you warm. It also works great 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 or baselayer top. Example: <u>L.L.Bean Wicked Warm Top Midweight</u>

#### Polyester Fleece Pants

Like sweatpants, but all polyester (NO cotton). These fleece pants are lightweight and easy to get on and off for around the campsite when evening has settled. They are warm even if they get damp. Example: <u>L.L.Bean Mountain Fleece Leggings</u>

#### Wet Loaders

Wet Loaders are sturdy, lace-up shoes that we wear to protect our feet while canoeing. They can get wet and remain comfortable for walking. They must be lace-up sneakers so that they will not get sucked off in mud. Wet loaders **cannot** be tevas, chacos, water shoes, or sandals. Old sneakers that still fit comfortably work great.

### **Hiking Boots**

You may choose a style that you like and which is comfortable and sturdy, with ankle support. It is essential to break your hiking boots in before camp! Visit your local outdoor store to get fitted and practice wearing them around before camp starts.

# Sleeping Bag & Sleeping Pad

Your sleeping bag should be made of a synthetic material, lightweight, and packable in a stuff sack. A bag rated to 40 degrees is sufficient for most campers. For campers in our oldest grove, Willoughby, we recommend a sleeping bag rated to 20 degrees. For a sleeping pad, you may choose an inflatable pad that rolls into a sack or a foldable/rollable foam pad.