



Falcon Outdoor Leadership Equipment List

You will have to purchase items that you do not arrive at camp with—this takes time away from trips and fun activities. THE REQUIRED LIST IS MANDATORY! Do not wait until the week before camp to shop for gear as stores may not have the proper size for your child and they may need to special order something.

Gear will be checked upon arrival.

Required:

__ 8 tee shirts (at least 4 synthetic)

__ 1 set (top and bottom) long underwear--**wool or synthetic**

__ 2 synthetic or wool long sleeve shirts

__ 2 - 3 long pants. **No Cotton** (zip off types are nice in changing weather conditions)

__ 7 pair socks – quick drying type

__ At least four pairs of 100% wool/synthetic hiking socks – very important!

__ 3 pair shorts

__ 6 pair undergarments

__ Rain gear –**jacket and pants**, either Gore-Tex, rubber, vinyl or coated nylon, not breathable nylon.

__ 2 Swimsuits/ shorts & athletic top

__ Sturdy hiking boots (bulky leather boots are not necessary but must have ankle support) all boots must be broken in prior to camp)

__ 25 feet of nylon cording/ parachute cord

__ Comfortable sneakers.

__ Water shoes (see next page)

__ Warm hat & gloves

__ Hat with visor

__ At least two sweaters, 1 polar fleece or wool, not cotton (quick drying)

__ Towel

__ Daypack (see next page)

__ Backpack (see next page)

__ Sleeping bag (not cotton) with stuff sack. A mummy type backpacking bag is ideal.

__ Sleeping pad

__ Water containers: One Camelback type system and one (or two) bottles to equal **THREE LITERS/101oz** (make sure bottles and hydration system fit the pack you are bringing!!)

__ Journal for writing and drawing in, at least 100 sheets. Pens, Pencils

__ Personal hygiene kit (including personal medications)

__ Headlamp

__ Sunscreen & bug repellent

Recommended

__ Camera (disposable are good)

__ Reading materials for down time

__ Small musical instrument

__ Lightweight binoculars

__ A few CDs to share on bus rides

__ Small, portable non-electronic travel games

__ Pillow (could be appropriately sized for backpacking, too)

__ Light sheets for sleeping at base camp

__ Mosquito net hat (strongly recommended)

__ Nicer outfit for going out (not fancy)

__ Envelopes, stamps

__ Sunglasses

Things to leave at home:

__ Personal Video Games

__ ipods

__ Cell Phones (may be checked in the office)

__ Money



Important Packing Information!!

Clothing: Bring comfortable clothes that you don't mind getting ruined. Some activities may result in permanently stained clothing! Remember that New Hampshire can get chilly and hot. Light weight, quick drying clothing is best for all activities. Some of the newer, "high tech" fibers are much more comfortable given the range of activities we will be participating in. There is storage space for personal gear in the base camp cabins. Participants will have access to laundry weekly. Pack primarily synthetic or wool clothing—it has rained the entire time on certain trips.

Gear: Equipment such as a backpack, sleeping bags and ground pads are great investments for all types of travel. We strongly recommend purchasing sturdy equipment that will last you for many years and trips to come.

Day Pack: A sturdy daypack with a hip belt and chest strap that is large enough to hold a day's worth of gear and clothing is essential. If it was designed to carry schoolbooks, it probably will not be sufficient.

Backpack: 3,500-4,000 cubic inches internal frame type suggested. **Please make sure that you are fitted properly for the pack** by having someone at the outdoor shop assist you or by getting clear fitting instructions from the online store. **This is especially important if you are of small stature.**

Sleeping pad: (for comfort during camping trips) Ridge Rest or Thermarest. Not a huge air mattress).

Water shoes: There is a choice to make here. Sandal type water shoes are fine for kayaking and other water sports. For caving, rain boots are a better choice.

You can get fabulous deals on gear from *Sierra Trading Post*, or *Campmor* mail order catalogs for overstocked items. They can be found on the web at: www.campmor.com www.sierratradingpost.com Outfitting companies such as L.L. Bean, REI, or EMS also have great equipment and are very knowledgeable about what they sell.

Note: We have discontinued our incidental deposit/office "mini store". We will provide campers with any necessity they lose at no charge but will no longer have extras on sale, so please pack very carefully. You are welcome to send more stamps, disposable cameras or other extras in packages.

Valuables that must be brought to camp, such as passports, plane tickets and travel money are to be checked with the director for safe keeping until departure. Because of

the rugged nature of our program, please leave valuable clothing and jewelry and other such items at home. Pocket money can remain with participants. We try our best to keep track of everyone's personal items, but cannot be responsible for losses or damages.

As one of our goals at camp is to live simply and transcend some of the everyday distractions and intrusions of contemporary life, we ask that some items that may be part of camper's life at home or school not be brought to camp. These include ipods, cell phones, other electronic devices, as well as magazines, books, posters or clothing depicting drugs or alcohol, violent or sexual themes as well as "Babe" or "Hunk" magazines.

While we are very conscious and respect personal privacy, for health and safety reasons, we reserve the right for the director, or designated staff to inspect all camper's belongings including any packages sent to camp. Campers must unpack all of their belongings at arrival and open any packages in the presence of a staff member.

***If cost of equipment is a concern, especially for backpacks, we do have a limited supply of backpacks which campers may borrow. Contact us for information.*

Happy Packing!!