



## *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 t- shirts (at least 4 synthetic or wool)

\_\_ 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)

\_\_ 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)

\_\_ 1 pair synthetic or wool long underwear/spandex

\_\_ Towel

\_\_ Day pack (can be a school book bag)

\_\_ 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 two bottles to equal **FOUR LITERS/101oz** (make sure bottles and hydration system fit the pack you are bringing!! Avoid Osprey and Platypus bladders, as they have a tendency to break and leak)

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

\_\_ Personal hygiene kit (Not including personal medications, which go through CampMeds)

\_\_ Headlamp and extra batteries

\_\_ Sunscreen & bug repellent

### Recommended

\_\_ Camera (disposable are good). Please **do not send a digital camera**

\_\_ 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

\_\_ Nicer outfit for Banquet

\_\_ Envelopes, stamps

\_\_ Sunglasses

### Things to leave at home:

\_\_ All electronics

\_\_ Cell Phones (may be checked in the office)

\_\_ Money



## Important Packing Info!

**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.

### Clothing Standards

Our clothing guidelines are designed to be gender-equitable, allow for individuality and celebration of a healthy body image, and allow everybody to be comfortable, active, and engaged. Questionable attire will be evaluated as needed, and adjustments may be made on an individualized basis in consideration of facts and circumstances.

No clothing should be decorated with messages expressing hateful or vulgar terms, derogatory references to one's or another's identity (i.e., race, religion, gender, gender identity, sexual orientation, age, disability, etc.) nor should clothing be decorated with messages or symbols advocating violence, alcohol, drugs, or criminal behavior.

Clothing should provide adequate coverage. The camper should be able to move comfortably without exposure of undergarments or areas covered by swimsuits. Sheer or see-through clothing, holes, rips, and/or tears should not expose any of these areas. Swimwear is by its very nature revealing, but we ask that extremes be avoided. We ask the parents and campers to self-select clothing that will be camp friendly. It is easier if other items don't get packed in the first place. It is not pleasant for anybody for us to tell a camper their swimsuit cannot be worn here. If you have questions, please contact us.

**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.

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 and insulating warmth during camping trips) Ridge Rest or Thermarest. Not a huge air mattress).

Water shoes: Aqua socks or sandals that can be secured and stay on the foot while swimming (not flip flops)

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](http://www.campmor.com) [www.sierratradingpost.com](http://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.

**Valuables** that must be brought to camp, such as passports, plane tickets and travel money are to be checked with the director for safekeeping until departure. Because of the rugged nature of our program, please leave valuable clothing and jewelry and other such items at home. We try our best to keep track of everyone's personal items, but cannot be responsible for losses or damages.

Please leave at home electronics of all types including cell phones and music players, as well as magazines, books, posters or clothing depicting drugs or alcohol, violent or sexual themes.

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.. Campers must unpack all of their belongings at arrival.

*\*\*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!!**