



Military Teen Winter Adventure Camps 2012

What to Bring List

General Camp Items:

- _____ Two laundry or plastic bags (for dirty and/or wet clothes)
- _____ Toiletries: soap, brush, toothbrush, toothpaste, shampoo, conditioner, brush/comb, etc.
- _____ Full change of clothes for 2-3 nights and travel home – pants, t-shirt, long sleeve shirt, dry socks and underwear
- _____ 1-2 warm sweater, fleece, or sweatshirt
- _____ Shoes (not boots) for Saturday and Sunday nights
- _____ Pajamas

Winter Gear:

Head

- _____ Warm hat that covers ears (2)
- _____ Balaclava or scarf: to cover your face (2)

Torso

- _____ Lightweight polypropylene shirt
- _____ Fleece or polypropylene shirt
- _____ Wool or fleece jacket
- _____ Warm winter jacket
- _____ Waterproof, breathable shell jacket (Rain jacket)
- _____ Long underwear
- _____ Shirts - we suggest flannel or wool for added warmth

Legs

- _____ Polypropylene bottom
- _____ Wool or fleece pants
- _____ Snow pants / Ski pants
- _____ Pants - corduroy or blends are always warmer than denim

Hands

- _____ Lightweight liner gloves
- _____ Warm gloves or mittens – 2 pairs (like ski mittens that will stay dry)

Feet

- _____ Liner socks
- _____ Warm heavy socks (at least 2 pairs) – with a large percentage of wool is best
- _____ Winter boots (warm, waterproof, insulated)

Optional:

- _____ MEDICATIONS (if applicable) – well labeled and only enough for camp days
- _____ Water bottle (refillable, and labeled w/ name)
- _____ Sunglasses, and/or extra glasses/contact lenses/contact solution
- _____ Standalone camera (disposable or inexpensive)
- _____ Flashlight and extra batteries
- _____ Cell phone

Please Note:

- Bedding, towels, and washcloths are provided.
- Make sure all clothing and other belongings are clearly labeled with first and last name!
- The Highland Center has an agreement with L.L.Bean. There is an on-site gear room with the ability to provide some winter gear, ***at no charge***. Certain items require at least a two week reservation while other items are first come, first served. To inquire about this service the link is provided below or call 603-278-HIKE.
<http://www.outdoors.org/lodging/whitemountains/highland/highland-gear.cfm>
- There is a retail store available (for necessities and mementos), if you would like to make use of this amenity please plan accordingly with your teen.

This list is intended to offer guidance, and may not be all-inclusive. You may need to send more or less clothing depending on how easily your teen gets cold. We suggest an extra 2 pairs of items in case items get wet; wet = cold! If you already have cold weather clothing systems that work for your camper, use them. During Nordic skiing and snowshoeing, teens will be moving a lot and may not need as many layers. While participating in Alpine skiing, tubing, and dog sledding campers will not be moving around as much - producing less heat, and may need more clothes.

Prohibited Items:

- video games, laptops, laser pointers or similar devices
- non-prescribed or illegal drugs, including cigarettes
- weapons of any kind, including pocket knives
- clothing which advertises products or promotes profanity
- fireworks, tobacco, or alcohol
- **items that have high sentimental value and cannot be replaced**

*****Please leave all valuables at home!*****

Northeast Passage/UNH Cooperative Extension will not be responsible for the loss of or damage to any personal items.

If you have any questions, please let us know!