



# CAMP KANUGA

## CAMP KANUGA PISGAH EXPEDITION 2019

Camp Kanuga nurtures relationships within Christian community for transformation and growth.

### PISGAH EXPEDITION DATES

Session A (6 days): June 16 – June 21, 2019

Session B (6 days): June 23 – June 28, 2019

Session C (6 days): June 30 – July 5, 2019

Session D (6 days): July 7 – July 12, 2019

Session E (6 days): July 14 – July 19, 2019

Session F (6 days): July 21 – July 26, 2019

### FEES

The fees for the Pisgah Expedition include all meals, entrance fees, park passes, group gear, lodging and travel. The camper may want to have funds in their camp store account to buy snacks, t-shirts, souvenirs, etc.

## CHECK-IN AND CHECKOUT INFORMATION

### ARRIVAL – AFTERNOON OF OPENING DAY

Check-in is from **3:00-4:30 p.m.** on Opening Day. In case of a delay or last minute cancellation, please notify the Camp Kanuga Coordinator at 828-233-2744. Camper families who have not arrived by 4:30 will receive a call.

### DEPARTURE – AFTERNOON OF CLOSING DAY

### CLOSING DAY SCHEDULE

We invite you to participate in a celebration on Closing Day. Enjoy refreshments as you meet our staff, browse our booths, and pre-register for next year. This is a wonderful opportunity to share in your camper's experience, see a slide show of the session, and hear firsthand some of their life changing stories.

- 2:00 p.m. – Gates open.
- 2:00 – 3:00 p.m. – Fellowship Time. Meet our Director and staff. Learn more about our Expeditions, pre-register, enjoy snacks and refreshments, and see what's to come for next year!
- 3:00 p.m. – Campers enter the Paved Rec. and the Closing Celebration Ceremony begins.
- 3:30 p.m. – Campers check-out at the Floored Rec with their counselors

**\* Please double-check to make sure everything has made it to your car.** We are happy to ship any personal items left behind, at your expense, IF you have spoken with our Coordinator within 7 days. Items not claimed will be donated to a worthy charity.

### EARLY AND LATE DEPARTURES

NO EARLY DEPARTURES on Closing Day. Leaving early affects the entire Expedition group and Support Staff. If you need to come the day before, or if there is an emergency please contact the Camp Director. We will work out a time that least affects the cabin.



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If you do not wish to attend the Celebration, campers will need to be signed-out **at the Floored Rec** by 3:30 p.m. on Closing Day. **Requests for late departures are STRONGLY discouraged;** our staff will need some well-deserved rest between sessions.

Campers still on property after 4:30 are considered Stayovers and your card on file will be charged \$185 whether they stay or not.

Please feel free to walk the grounds with your camper **after** sign-out. Signing out constitutes: signing the sign out sheet, closing out your camper store account with your signature, taking home your group photo, and loading up all luggage and belongs into your vehicle.

## TRANSPORTATION AND TRAVEL INFORMATION

### ARRIVAL

- **Location:** Camp Kanuga
- **Date:** Session A: Sunday, July 19, 2019  
Session B: Sunday, June 23, 2019  
Session C: Sunday, June 30, 2019  
Session D: Sunday, July 7, 2019  
Session E: Sunday, July 14, 2019  
Session F: Sunday, July 21, 2019
- **Time:** 3:00 pm

### Transportation During the Trip:

Camp staff trained in large vehicle driving and trailer towing will drive campers and staff in a 15-passenger van or 15-passenger bus between Camp Kanuga and the adventure activity sites each day.

### DEPARTURE

The Expedition will conclude at the Anchorage Airport. Please make arrangements to fly out of Anchorage before 2:00pm local time if you would like for a Camp Kanuga staff member to wait with your camper.

### AIRPORT TRANSPORTATION

Kanuga can provide transportation to and from Asheville Regional and Greenville/Spartanburg.

When travel plans are firm, please:

- Send a completed Transportation Form found on the Resources and Forms page of our website.
- Send your payment made out to Camp Kanuga to the following address:  
Camp Kanuga  
Transportation Request, C/O Camp Kanuga Coordinator  
PO Box 250, Hendersonville, NC 28793.
- Payment can also be made by credit card through our Coordinator.

Fees for Asheville Regional are \$40 one-way and \$75 round-trip per camper.

Fees for Greenville/Spartanburg are \$85 one-way, and \$160 round trip per camper.

If travel plans change or are confirmed less than two weeks before camp begins, please contact our Coordinator.



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**PLEASE BOOK FLIGHTS ACCORDING TO CAMP SCHEDULE. CAMPERS CANNOT ARRIVE AT CAMP BEFORE 3:00pm on Opening Day. Similarly, it is not ideal to arrive after 4:30pm on Opening Day.**

## HEALTH AND SAFETY

**HEALTH AND SAFETY** Camp Kanuga provides age-appropriate activities for young people to develop Christian community, take on new responsibilities, gain independence and an appreciation of God's creation, as well as overcome challenges through safe and fun adventure-based programs. The ability to effectively interact in a small, group-based and community-living environment is important to the Kanuga experience. The Pisgah Expedition team includes 12-13 campers and two to three Trip Leaders. Campers will be expected to effectively interact with others to accomplish community-building goals, establish positive and healthy relationships, work as a team, and maintain emotional resilience. Camp Kanuga facilitates programs under "challenge-by-choice" practices. Please include in the registration system any information about special situations that might affect your child's experience while on expedition such as divorce, separation, new location or any mental, emotional or social health issues. The more we know about your camper, the better we will know how to serve and care for them. There is space provided in the online registration system to provide this information.

### **Living and Daily Conditions**

While participating on this expedition, campers will sleep out of outdoors, experience long and physically demanding days. Weather conditions can be extreme. You must have all required gear listed on the packing list. Each camper is expected to take good care of themselves. Campers are expected to participate fully in the expedition experience, including; maintaining the care of their designated mountain bike; camp chores; use zip line gear properly; uses kayaking gear properly; follow instructions from Camp Kanuga staff and outside contracted vendor staff.

- Temp Range: High: 54 degrees f Low: 80 degrees f
- Average Rain Fall: 1" (average of 7 days)
- Average amount of sunlight per day: 14 hours day

### **Lodging**

Expedition campers lodge at Camp Kanuga's Meg's Outpost on the Camp Kanuga Campus. The Outpost consists of 3-wall open air sleeper shelters (modeled after shelters on the Appalachian Trail), 2 large community lodges for activities and small group time, a fire ring and benches, trails, a steam to play in, a rustic stone wall sink (with running water), a shower house (campers will have opportunities to shower in standard cabin bathrooms in they're not in use), and 2 privies (again, campers will have opportunities through each day to use flushing toilets).

### **Dining**

Pisgah Expedition campers eat every breakfast and dinner in the Camp Kanuga Dining Hall with all the other traditional residential campers. Some days Pisgah campers eat lunch in the Dining Hall and some days Pisgah campers pack out a sack lunch from the Dining Hall in the morning and take it off site for the adventure activities of the day.



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## Physical Demands

There are considerable physical demands on some parts of this expedition. Our trip will require long days on the Green River and in DuPont State Forest. Campers will not be required to carry all of their gear on their backs at one time, just day packs (including one or two 1-liter water bottle(s), optional camera, their lunch for the day, etc.). The mountain biking portion of the trip will require peddling uphill, downhill, and flat trials. The kayaking portion of this trip will require sitting and paddling continuously for long periods of time. Prior physical conditioning and a positive attitude are necessary to be a helpful team member and to get all that you can out of this experience. The Trip Leaders will continuously monitor for safety and assist campers as needed.

## Physical by a Licensed Medical Provider Signature

It is not required, but is recommended to have had a physical by a Licensed Medical Provider (doctor, physician's assistant, nurse practitioner, etc.) within the last 12 months to attend the Pisgah Expedition. No proof of physical paperwork is required for this expedition.

**Behavior** This is not a rehabilitation program. This is not the place to quit smoking, drinking, or drugs or to work through behavioral or psychological challenges. If your camper's behavior puts the rest of the group or the expedition at risk, arrangements will be made to send the camper home at the camper's expense.

**Camp Kanuga Medical Services** Camp Kanuga Expeditions staff have at least Wilderness First Aid and CPR certifications. All guides and vendors are certified Wilderness First Responders. Our staff is trained and equipped to give basic medical treatments and evaluation and medication distribution at all times. Kanuga follows Standing Treatment Orders signed off by a local medical doctor. The Kanuga Health Form, acknowledgement of risk, release of liability waivers, permission-to-treat and photo release signatures were all completed online. There may be more waivers to be signed by the parent or guardian before departure. If your camper has any special medical needs please specify in the appropriate sections in your online registration account.

## Updates or Changes to Health History

Our healthcare staff will review all information prior to your camper's arrival. Please update and make changes to your camper's health history at least 10 days **before arrival**.

You can do this by logging into your online Kanuga Account from the Dates & Rates page of our website. Click the Register Here button; make sure to click the ONLINE ACCOUNT button and **not** the Returning User button. This information is saved from year to year and will only need to be updated annually.

## Medications

All prescription medications must be checked in with the trip leader on check in day at the beginning of the expedition. Each parent checking in a camper on check in day can talk further with the Trip Leader about medical issues. All medicine must be in the original packaging. Medicines will **NOT** be given to campers if they are not in its original packaging. When administering prescription medications, Kanuga's staff will only follow the directions printed on the original prescription box or bottle. Prescription medications will be dispensed by the trained Trip Leaders. Campers that brought inhalers or Epi-pens with them are required to have them on their person at all times.

## Opening Day Health Screening

It is our desire for all campers to have the best experience possible. **Please do not arrive at camp if your camper is sick or is showing signs of illness.** It is better to delay your camper's arrival a day or two to get completely healthy than to get the rest of the Expedition group sick.



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Please inspect your camper for lice. Notify your cabin counselor if your child has been exposed within 10 days of your arrival to camp. We can help monitor your child and make sure they are cared for as well as protect other campers. Be prepared for your cabin counselor to inspect your camper's hair during check-in.

## Allergies

Camp Kanuga's maintenance and summer staff spend a lot of time and resources to make sure campers are not exposed to environmental dangers, such as bees, poison ivy/oak and other pests and animals. Because of nut allergies, **we no longer allow any food sent to camp. No outside food (store bought or home made) allowed.** For this reason, all packages are opened to inspect for foods containing nuts. The kitchen and healthcare staff communicate with each other before your camper's arrival regarding food allergies and dietary needs.

## Bullying Policy

Camp Kanuga has a zero tolerance bullying policy. Bullying is the antithesis of the Camp Kanuga community. Please speak to your camper about bullying prior to their arrival to camp. Please encourage your camper to communicate any bullying or other negative behaviors to their counselor. If a child's bullying behavior continues, this may result in going home early at the camper's expense.

**Vaccinations/Immunizations** By attending Camp Kanuga programs, the parent/guardian is attesting that all immunizations required for school are up to date. The American Camping Association *requires* that we ask all campers be up to date with their Tetanus shots (within the last 10 years). During the registration process we will ask for the dates of the following vaccinations:

1. Tetanus (Required)
2. MMR: measles, mumps, and rubella
3. Pertussis (whooping cough)

**Communicating with Parent/Guardian about a Child's Health Status** The phone numbers you provide on your campers online account will be used to contact you in case of an emergency, or if your child needs to see a health care provider other than Kanuga's staff. We generally do not contact you if your camper has routine first aid need (e.g., skinned knee, sore throat, low grade fever, etc.). The decision to call parents is determined by the Camp Kanuga staff on a case-by-case basis.

## Swimming

All campers who choose to swim, regardless of level of skill, will be required to wear a lifejacket. Furthermore, at all water activities, a lifeguard is present.

## Other Important Information

### CAMPSTORE

CK Outfitters, located in the Camp Office building, is where campers may purchase merchandise. We also offer a number of snacks and natural drinks - all priced at \$1.00 each at the waterfront canteen. Campers **DO NOT** need to bring cash but will have access to their Camp Store Account.

To add funds to your camper's store account, log in to your Camp Kanuga registration account and add funds when you register. If you want to add additional funds to your camper's account you may by calling the Camp Coordinator or by stopping by the Camp Office on Opening Day.



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You will be given the option on Closing Day to donate or refund any funds more than \$10 not spent after the camp season has ended. **Camp Store balances of \$10 or less will be automatically donated to scholarships. If you choose not to donate your camp store balances of \$10 or less, please notify the Camp Coordinator.**

Campers will visit the Camp Store 2-3 times for Pisgah Expedition Campers. Some examples of what we carry in the camp store:

- CK branded t-shirts, pajama pants, hoodies, caps, bandanas
- CK Nalgene water bottles
- CK Crazy Creek Chairs
- CK Stuffed Animals, games
- CK posters, decals, magnets, playing cards
- CK wristbands, lanyards, carabineers,
- CK postcards, pens and pencils and much more...

The camp store will be open to families for purchase on Opening and Closing Day - cash/credit only. You will **not** be able to use your camper's store balance on Closing Day.

You are welcome to purchase items on Opening Day for your camper and simply drop items in the designated mail bins to be delivered to the Expeditions Outpost on the day of your choice

## **CAMP KANUGA GOALS**

Camp Kanuga is about building healthy relationships. We desire that all persons involved grow in love with each other and with God. We provide age-appropriate activities that support our goals below. Camp Kanuga's goals are:

- to build a Christian covenant-based community among the campers and counselors, helping them enjoy the privileges and leading them to accept the responsibilities as contributing members
- to offer safe and enjoyable summer experiences among young people from diverse backgrounds in some of the most beautiful environments to be found
- to encourage appreciation for God's creation and all of its inhabitants
- to introduce campers to new places and experiences, to offer them challenging opportunities, and to support development of their self-confidence and independence
- to help campers, camp families, and camp staff to grow deeper in their relationship with God

## **LAUNDRY**

Pisgah Expedition campers are on site for 6 days and will not need to do laundry. Therefore campers ought to pack the correct amount of clothes for the 6-day Expedition. If, however, the camper is registered for multiple camp sessions, then the camper will be able to do laundry on site during the weekend stayover session.

## **VISITATION AND COMMUNICATION**

At Kanuga, campers enjoy the outdoors and develop a greater appreciation for the environment. They also experience the companionship of other children as they acquire skills that improve self-confidence, increase self-reliance, and enhance the ability to cooperate with others.

Being away from your child can be hard, and they are sure to miss you. However, visiting can cause many disruptions in their acclimation into the camp environment.

- Camp Kanuga does not allow campers to receive calls or make calls to anyone off property.



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- We do not allow any outside visitors to visit campers during the camp session.
- Campers may not come and go throughout the session. If a camper must leave camp for any reason, they are not able to check back into camp.
- Once check in is complete, it is best for campers if parents depart so that campers can settle in and begins making friends.

## CORRESPONDING WITH YOUR CAMPER

Mail is very important to your camper.

- Write soon, often, and cheerfully.
- Do not write anything that may cause them to worry or stress such as, “I am so sad you are gone” or “I just miss you so much and worry about you.”
- Take a moment to teach your child how to address an envelope or post card properly.
- Post cards work best as envelopes have a tendency to seal due to the moisture in our mountain air.
- Mail received on the last day of the session **will not be delivered** to your camper – however, you may pick it up at check out along with any medications.

## CARE PACKAGES AND MAIL

Families may send one package per session. **WE NO LONGER ALLOW ANY OUTSIDE FOOD OR CANDY SENT TO CAMPERS.** This includes home baked goods as well as store bought items. Many of our campers have **severe and life-threatening allergies** to many different food items. We will hold all food items (such as candy, pre-packaged and home-baked foods,) until the end of the session. They will be available on Closing Day to enjoy on the way home. Also, please do not send water guns, fireworks or other valuables.

**THE CAMP STAFF OPENS AND INSPECTS ALL PACKAGES BEFORE THEY ARE GIVEN TO CAMPERS.**

### **Bring mail and packages on Opening Day of camp**

Camper mail first arrives through the Kanuga Conferences central mail distribution center. Due to the mail system here at Kanuga, letters and packages may take 3 extra days to be delivered. This especially effects Starter Campers when mail delivery is only on Day 2 and Day 3.

The easiest way to ensure your camper receives their mail is to pre-write your letters or pre-pack packages and bring them with you on Opening Day. We will have bins available for you to drop off letters/packages during check-in. Each day of the session will have its own bins.

If you do decide to use the Post Office or other mail carriers please use the following addresses.

#### **Send letters to:**

Camper First and Last Name  
Camp Kanuga Post Office Box 250  
Hendersonville, NC 28793-0250

#### **For parcel delivery by Fed-Ex or UPS**

Camper First and Last Name  
Camp Kanuga  
130 Kanuga Chapel Drive  
Hendersonville, NC 28739

## TECHNOLOGY POLICY

Camp Kanuga programs are an “unplugged” experience. We intend to carry this concept with us offsite on all of our Expeditions. Please help us to create this environment where new friendships can blossom and each camper has a unique and special outdoor experience. Participants may not bring a cell phone, iPod, or any other wifi/cell service electronic device. We ask that campers bring a separate camera other than their cell phones.



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**Cell Phones:** Camp is a unique environment. During the camp experience, youth develop life skills including independence and self-reliance. If campers are to enjoy camp fully they must be able to develop this independence.

**Hiding Cell Phones:** We appreciate that most families will honor our request and support our reasoning for not allowing cell phones at camp. We also recognize that some families may feel that hiding a cell phone in camper luggage is OK. Keep in mind that by doing this, YOU are teaching your campers that it is OK to break the rules as well as creating a level of distrust between the camper and counselor. If you are unable to send your camper to camp without a cell phone then you or your camper may not be ready for the camp experience.

## **SOCIAL MEDIA POLICY**

Concerns over appropriate use of the internet, specifically personal websites, blogs and social networking sites, Kanuga has identified some expectations of our campers in the off-season when referring to the camp, its programs or activities, its campers, and/or its staff members. If a camper chooses to identify him/herself as a camper at our camp on any website or social media platform, some readers may view the camper as a representative or spokesperson of the camp. Because of this, it is important that campers remain respectful at all times; avoid using gross or profane language; never belittle any other Camp Kanuga participant (staff member or camper); and avoid making references to alcohol, drugs, sexual behavior, bullying or any other behavior prohibited by Camp Kanuga. It is also necessary that each camper understand that photographs are for personal memories only; please do not post pictures or names on the internet of another camper without permission. Kanuga regularly monitors the internet for information pertaining to its programs. If any camper is found to have questionable material displayed on any website, specifically as it relates to the use of the Camp Kanuga name, brand or logo, parents will be notified.

## **PHYSICAL ADDRESS TO CAMP KANUGA**

### **Physical Address**

200 Camp Kanuga Circle  
Hendersonville, NC 28739

## **TRIP HIGHLIGHTS**

- Zip Lining: the fastest, steepest tree canopy zip line tour in North America
- Mountain Biking: on site pump tracks & trails as well as trails in DuPont State Forest
- Inflatable Kayaking: class II and III rapids on the Green River in the Green River Gorge
- Beautiful views in God's creation
- Grow in Christian leadership skills
- Spend time in an intentional Christian community that will foster spiritual exploration and growth

## **CHECK LIST**

- **Read the Parent Information Guidebook Immediately after Registration**
- Invite friends
- Shop for any needed gear
- Pack for the trip
- **Balance Due: May 1**
- **Check-In Form: May 1**
- **Waivers: May 1**

The Check-in form and waivers **will be sent to you before** the trip begins. Campers will need to have this form completed and signed by the **Parent/Guardian** when they check-in with trip leaders.





# CAMP KANUGA

## PACKING INFORMATION

Getting your gear right can make or break a trip. The weather in the western North Carolina mountains changes daily and often. The Camp staff will train campers how to be comfortable in all weather. But, you must have the right gear. Please follow this list carefully. We suggest that campers purchase gear at Recreational Equipment Inc. (REI) or similar gear store.

### **Important Things to Consider:**

- **Base Layer:** The base layer is meant to help regulate body temperature by wicking moisture away from the skin. Merino wool and synthetic fabrics are great for this. Try to avoid cotton as it will retain moisture and can leave you feeling cold and wet. This piece of clothing should be relatively snug as you will often wear other layers over it.
- **Insulation Layer:** This layer will help you retain heat by trapping it close to your body. Fleece or wool jackets are the best fabrics for this.
- **Shell Layer: This is your most important piece of equipment.** The shell layer, or top layer, is meant to protect you from wind, rain, etc. This layer should be big enough to fit over both the base and insulation layers that you will wear underneath. A shell should be wind resistant, waterproof and insulated. The Pisgah Expedition is not camping on the ground overnight and therefore may only need this shell layer at night or early in the morning.

### **Brand Recommendations:**

- Patagonia, Columbia and North Face have a lot of options for clothing and bags. A Patagonia Nano Puff Jacket is a great lightweight option for an insulated jacket. All three brands make a variety of options for fleece jackets that vary in style and weight.
- Ozark Trail makes some fantastic hiking/camping equipment that is reasonably priced (look for mess kits, sleeping pads or sleeping bags)
- Columbia has a variety of thick soled, trail running shoes that are great for day hikes.
- Chacos or Tevas work well for camp shoes because they are waterproof and contain a back strap.
- Osprey makes a large variety of lightweight, day pack options.

### **Bags and Packs**

- Duffel Bag (60-90 liter): travel with all of your gear in a duffel bag. This bag should be strong enough to withstand airline travel and big enough to hold all of your stuff. Be sure to check with your airline to determine size and weight restrictions.
- Small Daypack backpack (25-35 liter): Camper will **NOT** have to carry all of their stuff on their backs. We will not be doing any long range overnight backpacking trips in the back country. However, campers will be doing offsite day trips and may want to bring a daypack to carry a lunch bag, rain gear, camera, two 1-liter water bottles and other personal gear.
- Trunk: Do not bring a trunk if you are only registered for CK Expeditions. Expedition campers carry all their belongings from the main campus to Meg's Outpost (it's only about 200 yards). Trunks are heavy and bulky and do not transport well out to Meg's Outpost (where Expeditions campers sleep). If your camper is registered for both an Expedition and a traditional residential camp session and connecting the two with a weekend stayover session, then please do pack for your traditional residential session in a trunk (trunks are the norm for residential cabins). Staff will transport the trunk to Outpost.



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## PACKING LIST

### CLOTHING

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Base Layer (long underwear top)	2	Light weight, warm, synthetic or wool long sleeve shirt
<input type="checkbox"/> Fleece Jacket	1	Light or mid weight jacket that fits over your base layers
<input type="checkbox"/> Insulated Jacket	1	A warm jacket that can fit over your base layers
<input type="checkbox"/> T-shirt	5	Lightweight shirts, at least 3 should be non-cotton
<input type="checkbox"/> Wind shirt/jacket	1	Nylon shell that can fit over your base layers
<input type="checkbox"/> Rainproof Jacket	1	*should be large enough to fit over all bottom layers
<input type="checkbox"/> Base Layer (long underwear bottoms)	2	Light weight, warm, synthetic long pant, tightly fitted
<input type="checkbox"/> Insulated/Fleece Pants	1	Medium weight, synthetic long pant, non-cotton
<input type="checkbox"/> Rain Pants	1	A waterproof outer layer that can fit over all base layers
<input type="checkbox"/> Hiking Pant	1	Lightweight, nylon hiking pants
<input type="checkbox"/> Hiking Shorts	2	Lightweight, nylon hiking shorts
<input type="checkbox"/> Pajamas	1	You can sleep in your long underwear and fleeces if you like, but you may want to bring other comfortable clothing as well
<input type="checkbox"/> Casual Outfit	2	Bring two outfits to wear

### SHOES/SOCKS

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Camp Shoes	1	Any comfortable shoe with back strap and covers toes
<input type="checkbox"/> Day Hiker Shoes	1	Look for heavy duty/ trail running shoes. These will generally have a thicker sole and more support than a standard running shoe. You do not need full hiking boots (that cover the ankle) but you are welcome to bring them if you would like.
<input type="checkbox"/> Hiking Socks	7	Lightweight, yet warm, non-cotton socks. It is helpful to choose socks that come above the ankle, to prevent burrs and small rocks from entering the shoe
<input type="checkbox"/> Warm Socks	2	A thicker style of sock, usually wool, that can be worn around camp or when sleeping



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## PACKING LIST

### GEAR

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Sleeping bag	1	Minimum temperature rating of 20 degrees F or colder
<input type="checkbox"/> Sleeping pad	1	A lightweight, foam pad that does not need to be inflated or can do so by breath, this is not an air mattress
<input type="checkbox"/> Sleeping Bag Stuff Sack	1	A small bag to carry your sleeping bag in. Will generally be included with your sleeping bag when you buy it.
<input type="checkbox"/> Large Duffel Bag (60-90 liter)	1	You will use this to store all of your gear at Outpost
<input type="checkbox"/> Day Pack (25-35 liter)	1	A lightweight back pack (preferably with a waist strap) that can be used to carry daily gear such as extra layers, sunscreen or a camera
<input type="checkbox"/> Compression Stuff Sacks	3-5	Medium (10-15 liter) and larger (20-22 liter)
<input type="checkbox"/> Mess Kit	1	Small Tupperware bowl with lid, cup/mug with lid, Spoon that fits in bowl
<input type="checkbox"/> Pocket Knife/Small Multi Tool	1	Must be folding. Does not have to be a multi tool
<input type="checkbox"/> Bathroom Kit	1	Travel size liquid bottle shampoo, body soap, toothpaste, Toothbrush
<input type="checkbox"/> Rag/Bandana	2	Multipurpose use for cleaning hands, face, dishes
<input type="checkbox"/> Waterproof Bag Liner	6	Plastic Contractor trash bags, gear dry
<input type="checkbox"/> Sunscreen	1	Minimum of 50spf, 8-10oz container
<input type="checkbox"/> Insect Repellent	1	2-4oz container
<input type="checkbox"/> Sunglasses	1	Must have 100% UV protection
<input type="checkbox"/> Sun hat	1	Baseball caps or bucket hat
<input type="checkbox"/> Warm Hat	1	Fleece or wool hat that covers ears
<input type="checkbox"/> Towel	1	Lightweight, quick dry travel towels are best
<input type="checkbox"/> Journal and Pen	1	Bring it!
<input type="checkbox"/> Bible	1	Bring it!

### OPTIONAL

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Camera	1	
<input type="checkbox"/> Cards/dice	1	
<input type="checkbox"/> Book	1	

### WHAT NOT TO BRING

**Cell phones, iPods** or other portable music players, **computers, video games**, electric devices, two-piece bathing suits, **food**, pets, revealing and offensive clothing, firearms, fireworks, fixed blade knives, inappropriate music or magazines. Tobacco products, alcohol, illegal drugs, and non-prescription drugs are prohibited. Kanuga will not be responsible for damaged or stolen jewelry and other valuables. The camp will provide all sports and safety equipment; campers should leave theirs at home. Campers who drive their own vehicles will park their cars in the staff parking lot. Keys will be turned into the main office until the end of the session. Camp Kanuga is not responsible for any damage to personal vehicles.