



CAMP KANUGA

CAMP KANUGA PISGAH EXPEDITION 2019

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 over night 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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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.