



# CAMP KANUGA

## Summer Staff 2019

### PACKING INFORMATION

Getting your gear right can make or break a Camp job. The weather in the western North Carolina mountains changes daily and often. The Camp staff will train summer staff how to be comfortable in all weather. But, you must have the right gear. Please follow this list carefully. We suggest that staff 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.

#### 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 travel and big enough to hold all of your stuff. Anything brought to Camp that doesn't go offsite on the Expedition stays in this duffel bag at the Outpost facility at Camp Kanuga.
- Backpacking Back Pack (60-80 liter): A large pack designed for overnight backpacking is ideal. The pack needs a waist strap, shoulder straps, chest strap, and other adjustable straps that come standard in a backpacking style pack.
- Small Daypack Back Pack (25-35 liter): 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 don't need it. Trunks are heavy and bulky and do not transport well from cabin to cabin or out to Meg's Outpost (where Expeditions staff sleep). Your campers, however will likely pack in a trunk. If you need to or would like to pack in a trunk, then plastic trunks are ideal.



# CAMP KANUGA

## Lodging:

- Residential Camp Counselor:
  - Bunk house cabin: 13 camper beds; 1 crew bed; 2 counselors beds w/ mattresses
  - Attached Bathroom: 2 toilets; 2 showers; 4 sinks; bench; shelves; hooks
- Expeditions Camp Counselor:
  - Meg's Outpost Sleeper shelter: 8 beds w/out mattresses
  - Outpost Facility: 2 Privy Toilets; 2 walled outdoor showers; 1 rustic rock sink
- Day Camp Counselor:
  - Either a bunk house cabin
- Adventure Day Camp Counselor:
  - Either a bunk house cabin
- Crew:
  - Bunk house cabin: 13 camper beds; 1 crew bed; 2 counselor beds
  - Attached Bathroom: 2 toilets; 2 showers; 4 sinks; bench; shelves; hooks
- Support Staff:
  - Cabin: 2 – 4 beds
  - Attached bathroom for most support staff cabins: 1-2 toilets; 1-2 sinks; 1-2 showers; shelves; hooks

## Laundry:

The Community Cabin has a communal office space, a fellowship room, a restroom, and a laundry room. Plan to bring your own laundry soap. You will have time to do laundry on your hour breaks, your half days off, and your time off on session breaks.

## Activity Specific Clothes:

- **Zip Lining:** long shorts or pants (so that the harness is on clothes, not skin), sneakers
- **Backpacking:** wool & synthetic clothes, durable boots, fleece jacket, rain jacket
- **White Water Rafting & Swimming:** one-piece swimsuit; swim shirt; water shoes; beach towel
- **Caving:** long durable pants; durable boots; wool socks; long sleeve shirt; plastic bag for muddy clothes
- **Country Fair Night:** themed clothes like overalls, denim, straw hats, plaid, flannel, bandana, etc.
- **Mountain Biking:** shorts, synthetic shirt
- **Camp Out:** warm wool or synthetic, clothes, fleece jacket, wool socks, sturdy shoes,
- **Climbing Wall:** long shorts, (so that the harness is on clothes, not skin), sneakers, non-synthetic clothes
- **Giant Swing:** long shorts, (so that the harness is on clothes, not skin), sneakers, non-synthetic clothes
- **Blacksmithing:** closed toe shoes, non-synthetic clothes
- **Low Elements: closed toe shoes**
- **Color Games:** color clothes: green team, red team, blue team, yellow team

## Pre-Camp Check List:

- Complete the online application
- Read summer staff packing list
- Agree to background check with [hr@kanuga.org](mailto:hr@kanuga.org)
- Ensure your first aid/cpr/aed certification is current through this summer & bring your card to camp
- Encourage friends to apply to work at camp with you (you get a bonus for every staff member you recruit to work a full summer)
- Pack for a great summer!



# CAMP KANUGA

## PACKING LIST

### CLOTHING

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Base Layer (long underwear top)	1	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"/> Shorts	9	Lightweight shirts, at least 3 should be non-cotton
<input type="checkbox"/> T-shirt	9	Shorts, 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)	1	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"/> Belt	1	Professional look for opening & closing day of camp sessions
<input type="checkbox"/> Hiking Pant	1	Lightweight, nylon hiking pants
<input type="checkbox"/> Hiking Shorts	1	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"/> Caving Clothes (expeditions staff)	1 of each	Durable pants; long sleeve shirt; underwear; wool socks
<input type="checkbox"/> Swimsuit (one-piece only)	1-2	Needed for rafting and for lake activities at camp
<input type="checkbox"/> Swim shirt (optional)	1-2	Optional for rafting and for lake activities at camp
<input type="checkbox"/> Country Fair Outfit	1	Examples: denim, straw hat, overalls, bandana, etc.
<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"/> Water Shoes	1	To wear rafting; this can be your camp shoe: Chacos work well
<input type="checkbox"/> Day Hiker Shoes / Sneakers	1	Look for heavy duty/ trail running shoes w/ a thicker sole.
<input type="checkbox"/> Hiking Boots (Expeditions staff)	1	You do need full hiking boots (that cover the ankle)
<input type="checkbox"/> Hiking Socks	3-5	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	9	A thicker style of sock, usually wool

### OTHER

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Water Bottles	2	2 liter bottles
<input type="checkbox"/> Bed sheets; pillow & case; blanket	1 of each	Cabins have twin size mattresses
<input type="checkbox"/> Journal and Pen	1	Bring it!
<input type="checkbox"/> Bible	1	Bring it!



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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 15-39 degrees F (no down)
<input type="checkbox"/> Sleeping pad (recommended)	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 and clothes
<input type="checkbox"/> Backpacking Style Back Pack (60-80 liter) (optional)	1	Must be a pack designed for overnight hiking trips
<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 (optional)
<input type="checkbox"/> Compression Stuff Sacks	2-3	Medium (10-15 liter) and larger (20-22 liter)
<input type="checkbox"/> Mess Kit (recommend for expedition staff)	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 (optional)
<input type="checkbox"/> Bathroom Kit (that can hang on a hook / sit flat on a shelf)	1	liquid bottle shampoo, body soap, toothpaste, Toothbrush (no bar soaps)
<input type="checkbox"/> Crazy Creek camp chair (optional)	1	This is a common camp item
<input type="checkbox"/> Rag/Bandana	2	Multipurpose use for cleaning hands, face, dishes
<input type="checkbox"/> Waterproof Bag Liner	3	Plastic Contractor trash bags, gear dry
<input type="checkbox"/> Waterproof Bag Liner	1	Plastic grocery bag to store muddy clothes
<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"/> Camp Towel (expeditions staff)	1	Lightweight, quick dry travel towels are best
<input type="checkbox"/> Beach Towel	1	Use at waterfront
<input type="checkbox"/> Bath Towel	1	Use in cabin showers
<input type="checkbox"/> Laundry Supplies	1	Laundry soap / dryer sheets

### OPTIONAL

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Cabin Decorations	1	Decorative sheets/tie dye sheets / blankets to hang up
<input type="checkbox"/> Camera	1	Drop proof and water proof
<input type="checkbox"/> Cards/dice	1	Travel size (Great counselor move)
<input type="checkbox"/> Book	1	One you don't mind getting dirty

### WHAT NOT TO BRING

**Video games**, two-piece bathing suits, **food**, pets, revealing and offensive clothing, firearms, fireworks, fixed blade knives, inappropriate music or magazines. Tobacco, 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. Staff will park their cars in the staff parking lot. Camp Kanuga is not responsible for any damage to personal vehicles.



# CAMP KANUGA

## TYPICAL DAY AT CAMP for a SUMMER STAFF MEMBER

### Residential Cabin Camp:

7:45 am – Morning Bell  
 8:00 am – Breakfast in Dining Hall  
 8:45 am – Cabin Clean Up  
 9:15 am – Morning Jam  
 9:45 am – Morning Activity Time  
 12:00 pm – Lunch in Dining Hall  
 12:45 pm – Rest Time  
 1:45 pm – Waterfront Time  
 3:00 pm – Change for afternoon  
 3:15 pm – Afternoon Activity Time  
 5:45 pm – Big Circle  
 6:00 pm – Dinner in Dining Hall  
 6:45 pm – Shire Time  
 7:15 pm – Evening Program

\*Starter Camp follows the same schedule, but with an earlier bed time

### Day Camp:

7:45 am – Morning Bell  
 8:00 am – Breakfast in Dining Hall  
 8:45 am – Check In Set Up  
 9:00 am – Check In  
 9:15 am – Morning Jam  
 9:45 am – Morning Activity Time  
 12:00 pm – Lunch in Dining Hall  
 12:45 pm – Afternoon Activity 1  
 1:45 pm – Waterfront Time  
 3:15 pm – Afternoon Activity 2  
 4:00 pm – Check Out  
 6:00 pm – Dinner in Dining Hall  
 6:45 pm – Help set up Evening Prog.  
 7:15 pm – Help with Evening Program

### Adventure Day Camp:

7:00 am – To go Breakfast & Depart  
 7:45 am – Check In Set Up  
 8:00 am – Check In  
 9:15 am – Morning Jam  
 9:45 am – Drive to adventure  
 10:15 am – Morning Adventure  
 12:00 pm – Lunch in Dining Hall  
 1:00 pm – Afternoon Adventure  
 3:45 pm – Drive back to church  
 4:30 pm – Check Out  
 5:30 pm – Drive back to camp  
 6:00 pm – Dinner in Dining Hall  
 6:45 pm – Help set up Evening Prog.  
 7:15 pm – Help with Evening Program

### Expeditions:

7:45 am – Wake Up  
 8:00 am – Breakfast camp side  
 8:45 am – Tear down camp  
 9:15 am – Morning Devotion  
 9:30 am – Morning Adventure  
 12:00 pm – Lunch camp side  
 1:00 pm – Afternoon Adventure  
 4:00 pm – Set up camp  
 6:00 pm – Dinner camp side  
 6:45 pm – Camp chores  
 7:15 pm – Evening Devotion

\*Expeditions schedules will vary depending on the expedition and on the day

### Support Staff:

7:45 am – Morning Bell  
 8:00 am – Run Breakfast in Dining Hall  
 8:45 am – Set Up Check In  
 9:00 am – Run Check In  
 9:15 am – Run Morning Jam  
 9:45 am – Morning Activity Time  
 12:00 pm – Run Lunch in Dining Hall  
 12:45 pm – Set Up Waterfront  
 1:45 pm – Run Waterfront Time  
 3:15 pm – Afternoon Activity  
 3:45 pm – Set Up Check Out  
 4:00 pm – Run Check Out  
 6:00 pm – Run Dinner in Dining Hall  
 6:45 pm – Set Up Evening Prog.  
 7:15 pm – Run Evening Program  
 9:00 pm – Evening Watch

### Crew:

7:45 am – Set Up Breakfast  
 8:00 am – Breakfast in Dining Hall  
 8:45 am – Set Up Check In  
 8:45 am – Clean Up Breakfast  
 9:00 am – Morning Jam Set Up  
 9:15 am – Morning Jam / Check In  
 9:45 am – Morning Activity Time  
 11:45 am – Set Up lunch  
 12:00 pm – Lunch in Dining Hall  
 12:45 pm – Clean Up Lunch  
 1:45 pm – Waterfront Time  
 3:15 pm – Afternoon Activity  
 3:45 pm - Set Up Check Out  
 4:00 pm – Check Out  
 6:00 pm – Dinner in Dining Hall  
 6:45 pm – Clean up Dinner  
 6:45 pm – Help set up Evening Prog.  
 7:15 pm – Help with Evening Program  
 9:00 pm – Crew Meeting