



CAMP KANUGA

Summer Staff 2023

PACKING INFORMATION

Having adequate and proper gear can make or break a Camp job. The weather in the western North Carolina mountains changes daily and often. Having adequate gear greatly improves the summer staff experience. Please follow this list carefully and reach out to Camp staff with any questions or concerns. We recognize gear is expensive, and while you get what you pay for, there are many ways to get creative with acquiring gear that meets your needs while staying on a budget.

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. Cotton retains moisture and can leave you feeling cold and wet, so wool or synthetic materials are a great option. This piece of clothing should fit close to your body 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 great 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.

Bags, Packs, and Storage:

- 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 does not go offsite stays in your duffel bag or trunk.
- Compact Drawers (3-4 drawer set): (optional) drawers can be a valuable tool for accessing your clothes as you live in cabins. A trunk or duffel is fine, but drawers allow easy access to your belongings.
- Backpacking Backpack (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): You will be going on offsite day trips and will want to bring a daypack to carry a lunch bag, rain gear, water bottles and other personal gear.
- Trunk: Plastic trunks and storage containers are a good option for packing all your clothes in. Keep in mind, trunks are heavy and bulky and do not transport well from cabin to cabin.

Lodging:

- Counselor: (**note:** Counselors will likely move cabins after each session. Be mindful of how transportable your belongings are!)
 - Cabins: 13 camper beds; 1 crew bed; 2 counselors beds w/ twin mattresses
 - Attached Bathroom: 2 toilets; 2 showers; 4 sinks; bench; shelves; hooks
- Crew:
 - 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



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Laundry:

The Chalet has 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
- **Water activities:** activewear (sporty and reliable) swimsuit; water shoes; beach towels
- **County 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, breathable clothes
- **Giant Swing:** long shorts, (so that the harness is on clothes, not skin), sneakers, breathable clothes
- **Blacksmithing:** closed toe shoes
- **Low Elements:** closed toe shoes
- **Color Games:** color clothes: green team, red team, blue team, yellow team!
- **Variety Show:** costumes! Random, silly clothes!

Camp Kanuga Silly Dressed Traditions that you may want to have clothes for (all **optional** and for fun)

- **Sunday Shine:** This is a joyous, bright whole-camp gathering where we sing and dance and perform skits! Campers and staff are encouraged to wear bright, vivid colors. We often wear tacky, silly clothes. Sequins, tie-dye, anything bright!
- **Sleepy Sunday:** This is a Sunday morning tradition where staff wear nightgowns to breakfast and Morning Jam! Comfortable and silly!
- **Wolf shirt Wednesday:** Every Wednesday, you're invited to wear a shirt with a wolf on it! If you're interested, look up "wolf shirt" on the internet to get a better idea about what we're talking about here.
- **Christmas in July:** July 25th is halfway to Christmas! If you want, wear red and green, Santa or Elf-related garb!
- **What other themed dress days would be fun to implement at camp?**

SEE THE NEXT PAGE FOR SUGGESTED PACKING LIST



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SUGGESTED 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"/> T-shirts	9	Lightweight shirts, at least 3 should be non-cotton
<input type="checkbox"/> Shorts	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	
<input type="checkbox"/> Caving Clothes (expeditions staff)	1 of each	Durable pants; long sleeve shirt; underwear; wool socks
<input type="checkbox"/> Swimsuit (athletic fit/reliable fit)	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 on off days. Often referred to as "town clothes"

SHOES/SOCKS

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Camp Shoes	1	Reliable, comfortable footwear
<input type="checkbox"/> Water Shoes/Sandals	1	Can be your camp shoe. Must have a backstrap (no flipflops)
<input type="checkbox"/> Durable Shoes/Sneakers/Hikers	1	Think heavy duty/ trail running shoes w/ a supportive sole
<input type="checkbox"/> Hiking Boots	1	Boots that offer ankle support are a good idea
<input type="checkbox"/> Hiking Socks	3-5	Lightweight, warm, non-cotton socks. It is helpful to choose socks that come above the ankle
<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	1-2	Cabins have twin size mattresses
<input type="checkbox"/> Journal and Pens	1	
<input type="checkbox"/> Bible	1	



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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 to sleep on when camping. Helps insulate you from the ground.
<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) (recommended)	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 (optional)	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
<input type="checkbox"/> Bathroom Kit (that can hang on a hook / sit flat on a shelf)	1	liquid bottle shampoo, body soap, toothpaste, Toothbrush
<input type="checkbox"/> Crazy Creek camp chair (optional)	1	This is a common camp item. Highly recommended. Will be useful every day and on campouts.
<input type="checkbox"/> Rag/Bandana	2	Multipurpose use for cleaning hands, face, dishes
<input type="checkbox"/> Waterproof Bag Liner (optional)	3	Plastic Contractor trash bags, gear dry, helpful for campouts
<input type="checkbox"/> Waterproof Bag Liner	1	Plastic grocery bag to store muddy clothes
<input type="checkbox"/> Sunscreen	1	Responsible.
<input type="checkbox"/> Insect Repellent	1	Can be a lifesaver
<input type="checkbox"/> Sunglasses	1	Protect those eyes!
<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 Towels	2	Use at waterfront
<input type="checkbox"/> Bath Towels	2	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 Highly Recommended!	1	Decorative sheets, blankets, tapestries to hang up <u>*cabins are screened in, so having sheets/tapestries to pin up will give you added privacy! Highly recommended!</u>
<input type="checkbox"/> Camera	1	Durable, if possible
<input type="checkbox"/> Cards/dice	1	(Great counselor move)
<input type="checkbox"/> Books	?	Books you don't mind getting dirty
<input type="checkbox"/> Fan	1	To keep you cool



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WHAT NOT TO BRING

Video games, food, pets, offensive clothing, firearms, fireworks, fixed blade knives, inappropriate music or magazines. Tobacco, alcohol, illegal drugs, and non-prescription drugs are prohibited (but can be stored with the Nurse). 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.

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 bedtime

Leadership Academy

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
*The first week of KLA is training, the following 2 weeks are experiential, with campers, facilitating.

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

Support Staff:

7:30 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

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

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