

MISTY HOLLOW ADVENTURE CAMPS

Gear List

Clothing & Equipment

All tuition's include tents, kayaks, life jackets, paddles, all climbing gear, helmets, and other specialized equipment.

If you are staying for 2 or more weeks don't worry we have laundry day on Saturday Mornings.

Here is a complete list of clothing and gear you will need to bring. Please do not omit items on the required list other similar brands are acceptable (be thrifty). We will work best with what you have if necessary, (not everyone will have everything). What you wear opening day is from this list. Laundry is done once per week at the Laundry Facility. Extra clothes and equipment that are brought beyond this list will be stored at the beginning of the trip. Please look below for specific additions for your trip.

Note: No Leatherman, pocket or sheath knives, animals or weapons permitted on trips. No cell phones, Game Boys or electronic hand held games please.

PERSONAL CLOTHING REQUIRED:

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|-----------------------------------|------------------------------------|----------------------------|
| -5 T-shirts* | -7 prs. athletic socks | -2 bathing suits |
| -1 long sleeve shirt | -3 prs hiking socks | -2 towels |
| -1 "quick dry" short sleeve shirt | -2 prs polypro sock liners | -1 laundry bag/pillow-case |
| -1 fleece pullover/zip up jacket | -1 pr. lt wt high-top hiking boots | -3 bandannas |
| -3 prs. shorts | -1 pr. sneakers | -1 flashlight |
| -1 pr. fleece pants/sweatpants | -1 pr. sport sandals or water shoe | -1 (12" x 18") mesh bag |
| -1 pr. nylon warm up pants | -1 rain suit; jacket and pants | -1 10" x 20" camp pillow |
| -7 prs. underwear | -1 baseball cap | -Nalgene Water Bottle |
| | -1 pr. lt. gloves | |

TOILETRIES:

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| comb, brush, floss, toothbrush, soap, deodorant, sunscreen, shampoo, toothpaste | insect repellent lip balm *No midriff- baring shirts. | ** Bandannas are used to dry hands after washing. |
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PERSONAL GEAR REQUIRED: For Sleep Over Camps ONLY!
You can find most items at a Walmart or Sporting Goods Store

Eating Kit: Some kind of plate, bowl, cup, mug, fork, knife, and spoon. All in one camping kits work the best.

Sleeping bag: 3 Season bag with a temperature rating of 15 degrees F or 3 lbs. fill weight. Polarguard, Hollofil, or Qualofill recommended. Semi-rectangular or mummy style. Bag must be compactable and have a stuff sack. Cloth fabric bags are not permitted.

Sleeping pad: A thin, closed cell Ensolite, Duralite, Regalite or self inflating Therma-rest mattress. Should roll up to a diameter of 8" and fit in duffel.

Day pack/bookbag: 1 non-frame book bag sized pack with padded shoulder straps. Should be large enough to hold a lunch, water bottle, rain gear, etc.

Water bottles 2 (1) quart or liter Lexan water bottles.

OPTIONAL ITEMS:

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|-------------------------|----------------------------|
| Camera / film | Crazy Creek chair |
| portable chess/checkers | sketch pad & pencil |
| paperback books | soccer or football |
| hacky sack | CD player, CD's/MP3 player |
| frisbee | playing cards |
| sunglasses | single hammock |