

# Adventurer

## Cycling Clothing and Equipment Packing List

PLEASE NOTE: Important information for your child's success and happiness while out on trail.

- **Make sure all items are clearly marked with the camper's name.**
- **Need to come prepared to hike/canoe/camp in all types of weather.**
- Temperatures at can vary from 40°F to 90°F.
- It is imperative to have ALL the items on the list and the **specified types of clothing and equipment** (polypropylene, fleece, wool, etc.) recommended for keeping dry and warm.
- Raingear must be **waterproof** in order to keep dry.

As an Adventurer you will transition from in camp to out on trail, so it's important to come prepared with the appropriate clothing and equipment. Adapting to the weather conditions on trail is all part of the experience, as you may find yourself setting up camp in the have the correct clothing and gear for the situation is something we can manage. It may seem that all the items on the following lists are not suited to summer weather; however it is **ALL** very important. It can be cold and rainy in summer around Michigan and the last thing you want is to be wet, cold and having no fun.

Please bring synthetic (polypropylene, fleece etc.) or wool items where indicated. These items still hold their insulating properties when wet, where as cotton does not.

*"There is no bad weather, only the wrong clothes"*

**Footwear:** Closed toed shoes are necessary for campers to wear for cooking, swimming in rivers/rocky bottomed waters, for paddling and hiking. **If you can see the skin on your foot then the shoe is NOT considered 'closed toe'** - i.e Crocs & Tevas. When choosing footwear for your trip, keep in mind some shoes may overlap in purpose.

**Bike:** Trainers or similar shoes should be stiff soled and light weight; this helps energy transfer from foot to pedal

**Sandals:** These shoes are utilized in evenings and around campgrounds for comfort and helping feet breathe after being in other shoes all day. These shoes should be fastenable, i.e. shoes like Tevas, Chacos, Crocs, and/or similar footwear.

### **Raingear:**

The importance of raingear cannot be overstressed:

A waterproof rain jacket and rain pants are **required**.

The jacket should fit over several layers of clothing raingear should be breathable, allowing for perspiration to escape while keeping you dry.

### **Sleeping Bags:**

*A mummy-style sleeping bag is strongly recommended.*

Your sleeping bag must be filled with synthetic material, which keeps you warm even if it becomes wet (NO cotton or down). It must also include a sack to stuff it into with the ability to compress it down small (compression sack) so it takes up less space.

### **Female Campers:**

In order to be prepared for trail please come equipped with the following;

♀ Feminine Hygiene products

♀ Brown paper bags

♀ Moist towlettes i.e. "Wet ones"

♀ Ziploc bags

*For additional information please refer to the 'Sanitation and Hygiene section of the Four Trail camper handbook*

## **DO NOT BRING THE FOLLOWING ITEMS**

**We believe the following may detract from the camper's experience and/or create a safety hazard. If campers bring these or similar items, staff will gather them and put them in the camp office for safekeeping. Items include, but are not limited to:**

- Snacks, gum and sodas
- Aerosol cans
- Cash (other than that handed in on opening day)
- Hunting knives, axes or hatchets
- Lighters and candles
- Cell phones, MP3 players, radios, stereos, tape recorders, walkmans, game boys or other electronic devices

# ON TRAIL MUST HAVES

Required for ALL Trips

## Clothing

- Rain coat- **waterproof** (*ponchos not permitted*)
- Rain Pants- **waterproof**
- Warm synthetic/wool fleece
- Thermal top and bottom (*fabric must be wool or polypropylene– be sure to check items material*)
- 1 pair Woolen socks
- Winter hat- wool/synthetic material
- Closed toed shoes (*NO Crocs! If can see toes then not considered closed toed shoes. Safety item when using camp stoves, camp fires, boiling water, walking around campsite etc.*)
- 1-2 swimsuits (*1 piece or 2 piece ‘sporty’ suit for females*)
- 2 cotton t-shirts (*campground attire*)
- 2 Cotton shorts (*camp ground attire*)
- Light weight/quick drying pants
- 6-8 sets underwear

*“Preparation prevents poor performance and participation”*

## Equipment

- Sleeping bag with synthetic fill & compression stuff sack
- Ground/sleeping pad
- Non breakable bowl, cup, plate, cutlery set
- Flashlight/headlamp with extra batteries
- 6-8 x 20 gallon heavy duty garbage bags (*garden waste ones are great*)
- 10-15 gallon size zip lock bags or recycled grocery bags for waterproofing
- Sunglasses with strap (*to secure during canoeing*)
- Toiletry kit- toothbrush, toothpaste, shampoo etc
- Sunscreen (min SPF 15) Lip balm (min SPF 15) (*lips dry out easily especially when canoeing due to reflection from water*)
- Journal or notebook and 2 pens/pencils
- Non aerosol Insect repellent (*avoid high Deet concentrations*)
- Small camping towel or wash cloth
- Small first aid kit (band-aids, safety pins, cotton tips)
- Digital camera or disposable camera (campers must take responsibility for possibility of damage)

## TRIP SPECIFIC ‘MUST HAVES’

The following items are specific for each element and must be bought in addition to the above.

### Cycling

- Cycling Helmet (*skateboard type not permitted*)
- 2-3 Cycling shorts (*padded*)
- 1-2 sleeved cycling Jerseys or similar moisture wicking shirt with sleeves
- 2 extra Drink bottles (32 oz)
- Cycling reflective safety vest
- 4 bungee straps (*to attach gear to bike*)
- Cycling gloves (*prevents road rash/ pressure points*)
- Closed toed rigid sole shoe (*helps energy transfer when pedaling*)
- 4 pairs thin Socks

### Optional items

- “Camelbak” type hydration system – *recommended*
- Front handle bar bag

## IN CAMP CLOTHING & GEAR

- Pillow Fitted sheet, twin or cot size
- Beach towel
- 1-2 bath towels & wash clothes
- 2-3 Sweatshirts or fleece jackets
- 2 pairs long pants
- 3-4 shorts
- 8-10 socks
- 10-12 sets of underwear
- 8 T-shirts
- Pajamas
- Sneakers/running shoes
- Sandals/flip flops for showering/ beach
- Laundry Bag
- Book
- Deck of Cards
- Stationary kit– stamps, paper, envelopes

*Please refer to the Four Trails Camper Handbook for further details regarding clothes and equipment.*