

Camp Donegal

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What to Bring to Trailblazer Camp

___ **BACKPACK:** Any pack you are considering using should be light in weight (internal or external frame) with a well-padded belt and shoulder straps. If you do not have a pack to use, we have access to many different size packs and will have one available for your use. Note: As you consider what to bring along, your full pack should not weigh more than 1/5 of your body weight.

___ **GROUNDMAT:** This is a foam mat, usually 3/4 length, for putting under your sleeping bag for warmth and comfort. If needed, we can provide one for you to use.

___ **SLEEPING BAG:** There are many types of outdoor bags with different fabrics, fillings, temperature ratings, weights and styles. A stuff-able season appropriate bag that is warm, but light in weight is best. Pack it tightly in a sturdy nylon stuff-sack (very important).

___ **TENT:** The best tent is one that is light in weight, waterproof, and easy to put up. Usually two people can share a tent and the weight of carrying it. If you have a tent, suitable for backpacking, bring it along - we will provide tents as necessary.

___ **HIKING SHOES:** The shoes you wear are one of the most important considerations of backpacking. Factors to think about are: weight, sturdiness, flexibility, ability to repel water, ankle support, tread and comfort. Your shoes should be snug and well broken-in to prevent blisters. Highly recommended are the lightweight hiking boots (constructed more like a sneaker) or a cross-trainer or trail running sneaker. Do not bring new leather boots!

___ **CLOTHING:** A lot of clothing takes up space and adds weight. It is best to bring only the necessary articles. Bring: one/two changes of clothes: t-shirts of fast-drying synthetic fabric, athletic shorts or water shorts (with underwear), hiking socks made of a synthetic or wool-blend. Also bring a fleece pullover, rain protection (lightweight jacket or poncho), and a pair of warm-up or wind pants. **IMPORTANT:** Articles of clothing made of cotton are heavier than synthetics and heavier yet

when wet, cotton does not easily dry in the woods, and, if you need to get warm, wet cotton only makes you colder which can cause hypothermia (even in the summer).

(Additional "normal" camp clothing you will need: 1) what you wear to Camp on Sunday, 2) a clean set for the return ride to Camp, 3) Fresh clean clothes to change into after showering at Camp, 4) a one-piece bathing suit for Camp use.)

___ **PILLOW:** A fleece pullover works well as a pillow.

___ **CUP:** Bring along a large cup (durable plastic) that can be used for food, hot chocolate, and soup. (If you have a small lightweight pan for heating water, bring it along.)

___ **SPOON:** This is the only utensil you need!

___ **WATER BOTTLE:** Bring approx. 1 liter of water along. (Disposable spring water bottles with the sport squirt top work great.) All water you drink or put in your mouth needs to be filtered, treated chemically, or boiled. Your leaders will bring along water filters.

___ **FIRST AID KIT:** A sandwich sized zip-lock bag with band-aids, moleskin, pain reliever, and any required personal medications is all that is necessary for you to carry. Your leaders will have along other first aid supplies.

___ **BUG REPELLENT:** A small amount in a small bottle.

___ **FLASHLIGHT:** Your flashlight should be small, light and bright.

___ **MAP:** Your leader will give you a map for the area that you will be hiking.

___ **PERSONAL ARTICLES:** Bring a very small tube of toothpaste, toothbrush, toilet paper (just enough), a small comb or hair brush, trial-size deodorant (scent-free), and a small bottle of biodegradable soap. A small "pack towel" (a highly absorbent, fast-drying, synthetic cloth) could be included. Leave all perfumes, scented lotions, etc. at home.

What Not to Bring to Camp

Snacks, candy & food, electronic devices (radios, handheld games, walkie talkies, cell phones, music players, etc.), pets, alcohol, drugs, weapons, knives, cigarettes/tobacco products, firearms and firecrackers are not allowed at camp and will be confiscated. Use of the above items will be cause to send a camper home.