

CAMP NOR'WESTER – Johns Island, WA.
An important notice for older campers and their parents:

Older campers are offered a choice of one of our "Big or Little-Big" trips. Big trips (campers completing 8th, 9th and 10th grade) include sailing, mountaineering, kayaking, canoeing, cycling, or hiking for five days away from camp. Little-Bigs (campers completing 7th grade) include hiking, biking or sailing for four days. A variety of weather conditions can be encountered. Even in the summer, temperatures can be low, and when combined with wind, rain, or snow in the mountains, can be uncomfortable for those who are unprepared.

Because these trips are frequently the highlight of a camper's summer, it is important that campers be properly equipped so that they can enjoy their adventures whatever the weather.

The following equipment is also **required** for these trips:

<u>All Trips</u>		<u>Hiking/Mountaineering</u>
good sleeping bag	rain gear	sunglasses
Ensolite sleeping pad	water bottle	1 pr. stiff soled hiking boots**
pocket knife	tarp	synthetic or wool pants
flashlight	sun hat/baseball cap	synthetic or wool hat
synthetic or wool socks		synthetic or wool gloves or mittens
synthetic or wool shirt or sweater		

Rain gear is mandatory equipment for all campers going on trips. Please do not send your camper without it.

SLEEPING BAGS: Down, Dacron, Fiberfill II, or Polarguard filled bags are the best because of their light weight, warmth, and compressibility. Whichever bag you choose, be sure to bring either a sleeping pad of Ensolite or 1/4 inch polyurethane. You can also bring a Thermarest – as long as the camper has a repair kit for it. Foam rubber will not do.

SYNTHETIC CLOTHING (POLYPROPYLENE): Appropriate synthetic (or wool) clothing is essential for these trips. They are materials that are both lightweight and maintain their insulating ability when wet. Many surplus and outdoor stores sell wool pants and sweaters at low prices. Thrift shops are also a great source. It might be wise to purchase these items a size or two larger so that they may be used for several seasons. **Cotton is not acceptable.**

Campers are not guaranteed a particular trip, but if a child's first or second choice is the mountaineering trip, sturdy leather boots are important. If you have them, please send them along. If not, and you are reluctant to purchase them (understandably), they will be rented at a cost of approximately \$50 and charged to your child's Trader Horn account. (See information regarding mountaineering trip enclosed.)

**The following is a description of appropriate boots for mountaineering and hiking:

1. a light to medium weight climbing or off-trail boot:
2. height 6-8 inches to protect ankles
3. hard toe and stiff sole is best for mountain trip
4. lug sole (Vibram)
5. big enough to wear two pair heavy wool socks without being cramped
6. heel should fit snugly

ADDITIONAL MOUNTAIN GEAR: Campers interested in the mountaineering trip should also bring:
gaiters if possible extra wool/synthetic socks dark or mirrored sun glasses
long underwear additional sweater or down jacket