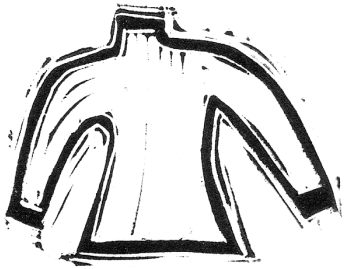


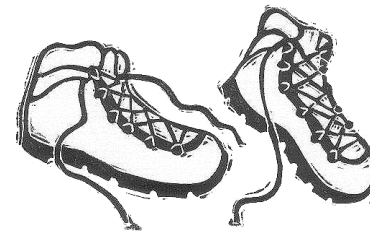
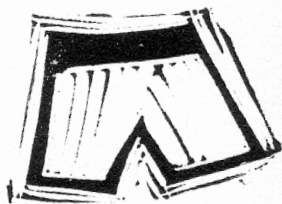
Crash Course in Camp Clothes



- Kids get dirtier, wetter, and colder than adults.
- They tend not to pay as much attention to staying dry or clean.
- Kids are not thinking about regulating their thermostats—so you must think about it for them. When kids are not paddling, they will not be as warm as the adults that are paddling.
- It's best to wear high performance clothing, made from wool or synthetic fabrics. Cotton cloths (including jeans) are not a good choice for camping because cotton dries very slowly.
- Long sleeves and long pants shield legs and arms from scratches, insect bites and sun.
- Rain gear is important. Rain pants will keep legs dry when walking through wet woods and sitting on wet logs during the hours after the rain stops.
- Blue clothing tends to attract bugs.
- Always, always wear shoes!
- Plan to have a pair of shoes that can get wet while traveling, most kids (and adults) will get their feet wet.
- If you buy your kids new shoes with good ankle support, make sure that they are broken in before the trip. Blisters can be a major problem.
- Sunscreen shirts (or rash guards, made from swimsuit material) are a great idea. A rash guard can be worn while swimming, is comfortable to wear when it is drying and it provides sun protection.
- Bug nets or bug hats can make a big difference in May or June.
- Don't forget sunscreen.
- Layers are very valuable. Kids can add layers and take them off as conditions change. Consider zip-off camping pants.
- Keep one set of clothes dry for emergencies.

Checklist suggestion: (for a 3 to 4 day trip)

- | | | |
|--|---|---|
| 1. 6 pair underwear | 9. Jacket/fleece/sweater | 19. Camera |
| 2. 6 pair socks –synthetic is the best | 10. Rain suit | 20. Toothbrush, wash cloth and wet wipes. |
| 3. 2 sets of long sleeved pajamas | 11. 1 pair of wet shoes or ankle supporting boots | 21. Deck of cards |
| 4. 2 pair of pants | 12. 1 pair of dry camp shoes (or crocs with warm socks) | 22. Books |
| 5. 1 or 2 pairs of shorts | 13. 1 pair of swimming shoes/sandals (can use the crocs for this too) | 23. A harmonica |
| 6. 2 short sleeved shirts (synthetic rash guards are worth the investment) | 14. Sun hat | |
| 7. Loose fitting long sleeved shirt | 15. Bug net | |
| 8. Swimsuit | 16. Bandana | |
| | 17. Light gloves | |
| | 18. Wool/fleece warm hat | |



Activity

If your kids are old enough to read, give them the clothing list before the trip and ask them to gather and pack their own bag. Check to make sure they have only what they need. If something is missing, explain why it's important to have it. If too much has been packed, explain how extra weight adds work due to unneeded items add work and discomfort on the trail. Keep toys to a minimum. Encourage kids to make/invent their own toys on the trail.