CAMP KON-O-KWEE SPENCER
RECOMMENDED PACKING LIST
High Adventure – Kinzua
Campers Entering Grades 9-10

FOOTWEAR

1 Pair of water shoes
Cross trainers or durable sandals for in the canoe.

3 Pairs of socks
Heavy wool, merino wool, or thick synthetic polypro. No cotton.

1 Pair of camp shoes
Cross trainers or durable sandals for around camp. No flip flops.

SLEEPING EQUIPMENT

1 Sleeping bag
We highly recommend synthetic bags rated to 20-30 degrees fahrenheit.

1 Sleeping pad
A closed-cell foam or lightweight inflatable pad (therm-a-rest, big agnes, exped) works great.

(Optional) 1 Compression sack for sleeping bag
Compression sacks can help minimize the size of sleeping bags while packed.

PACKING

1 - 2 Drybags
large enough to fit all personal belongings (clothes, sleeping gear, toiletries, etc).

3 Small stuff sacks
Great for organizing items in your drybags.

OPTIONAL GEAR

1 Camera
Small, light, and durable with extra batteries.

1 Book
Lightweight recommended.

1 Knife
Small pocketknife or multi tool.

1 Whistle
If you have a favorite whistle.

Eating gear
If you have your favorite bowl, mug, or spoon, bring it. Tupperware (1-2 pints) with a screw-on lid, lexan plastic spoon, and an insulated mug (12-20 ounces) are recommended.

1 PFD/Life Jacket
Must be Type 2 or Type 3 Coast Guard approved.
CLOTHING FOR KON-O-KWEE

CLOTHING & APPAREL

2 Synthetic t-shirts
Synthetic fabrics dry fast and can be considered an insulating layer. Pack one for hiking and one for at camp.

1 Light to mid-weight long underwear top
Synthetic or merino wool base layer top.

(Optional) 1 Fleece or synthetic vest
An extra layer in case you get cold easily.

1 Sports bra
Women should bring a synthetic sports bra.

1 Rain jacket
A lightweight, waterproof jacket with a hood. Coated nylon or breathable fabrics such as gore-tex are acceptable. Should fit over all layers.

2 Pairs of nylon shorts
Quick-drying, loose-fitting shorts. Pack one for hiking and one for at camp. No cotton shorts please.

1 Lightweight to midweight pair of pants
Synthetic or Merino wool base layer.

1 (optional) Pair of rain pants
Coated nylon or breathable fabrics such as gore-tex are acceptable. Should fit over all layers.

2–3 pairs of underwear
All underwear should be made of synthetic materials.

1 Swimsuit
For girls, a 1-piece or camp appropriate 2-piece without string ties. For boys, trunks or board shorts, but no speedos or jammers.

1 Sun hat
A baseball cap or visor with a brim works great.

1 Wool or fleece hat
Anything that will cover the ears

(Optional) 1 Pair of sunglasses and sunglasses retainer
Lenses should be dark and block all UV light.

CLOTHING FOR KON-O-KWEE

4–5 Days of clothing
Bring comfortable clothes for the time spent a Kon-O-Kwee. Only pack what you will need.

1 Towel
For showering at camp.

Toiletries
Anything you will not be taking on your trip (shampoo, soap, deodorant).

Bedding
Sheets/pillows to be used before and after your trip. You can also use your sleeping bag.

1 Swimsuit
For girls, a 1-piece or camp appropriate 2-piece without string ties. For boys, trunks or board shorts, but no speedos or jammers.
MISCELLANEOUS PERSONAL GEAR

1 **Headlamp**
Lightweight options can be found from petzl, black diamond, and princeton tec. Make sure there are fresh batteries upon arrival.

1 **Sunscreen**
Tube with 2-3 ounces will due. Make sure it is at least spf 30.

(Optional) 1 **Lip balm**
Stick or cream. Make sure it provides sun protection.

1 **Insect repellent**
Small bottle.

2 **Water bottles**
Two 32-ounce wide-mouth bottles or water bladders work well.

1 **Journal**
Small, packable journal with pen/pencil. Avoid heavy notebooks.

**Toiletries**
Toothbrush and toothpaste, lotion, comb, feminine hygiene products, hand sanitizer. Avoid odorous items as they can attract animals. No deodorant.

**Prescription glasses or contact lenses**
Bring back up pair if possible.

2–3 **Bandanas**
Any old bandana will do. Highly recommended for women.

ITEMS TO LEAVE AT HOME

- Cell phones
- Expensive/irreplaceable items
- Fire hazards: candles, hotplates, etc
- Fireworks or other explosives
- Illegal drugs or alcohol
- Ipods/personal music players
- Kindles/e-readers
- Nicotine products (cigarettes, vapes, etc)
- Personal sports equipment
- Pets
- Weapons/knives

GUIDELINES

Campers will not have access to laundry service, so please pack enough clothing and personal items to last for two weeks.

All apparel must be camp appropriate and free of improper advertising and/or offensive language/symbols.

For swimsuits, girls may wear a 1-piece or camp appropriate 2-piece without string ties. Boys may wear trunks or board shorts, but no speedos or jammers.

Label everything with your camper’s first and last name.