

WHAT TO BRING LIST

REQUIRED ITEMS – ALL CAMPERS, CIT's & JR. STAFF FOR DEALING WITH MOUNTAIN WEATHER:

- Winter Weight Sleeping Bag – It has snowed on overnights in both July and August two out of the last three years! We sleep in dome tents on the overnight and in large wall tents in camp. You can get miserably cold if your bag is not warm enough. Remember, down bags are useless to lethal when wet. If you send your camper with a down bag, be sure to send a Gore-Tex bivy bag with it!
- Wool or Polar Fleece Blanket – Standard blanket size – no smaller. Even winter weight bags need help when it gets cold.
- Warm Winter Parka or Jacket – (mountain winter, that is) insulated and windproof. Big enough to put layers under. Sleeves long enough to cover wrists when arms are outstretched in front.
- Polar fleece jacket or wool sweater. Also used as layer under parka if it really gets cold!
- Long Johns - Tops and Bottoms! Polypropylene or wool. Absolutely no cotton whatsoever!! Not as an inner layer and not a cotton-poly blend. Cotton can be lethal when it gets wet and cold.
- Wool or Polar Fleece Hat.
- Wool or Polar Fleece Gloves.
- Wool or Polar Fleece Socks - At least 2 pair, more if forecast is for cooler weather or you have a chilly child.
- Waterproof Rain Jacket & Pants – Make sure it is big enough to layer warm clothing underneath. Hoods must fit over riding helmets, or use a separate rainproof helmet cover. We will provide ponchos that will tie on to the backs of all the saddles to protect while riding ONLY. Ponchos are NOT SAFE OFF THE HORSE due to tripping.

REQUIRED FOR EVERYONE RIDING:

- Riding Boots or Hiking Boots with a Heel - Comfort is the key here. Look for something that your kids will wear other than at camp and that will work walking in mountainous terrain. We have a limited supply of boots in the camp rental program.
- Equestrian Helmet - Must be ASTM/SEI approved, fit properly, and be in good condition. These are also available on a limited basis.
- Jeans, Denim – At least 3 pair. Be sure legs are wide enough to go over riding boots. One pair needs to be roomy enough to fit over long johns. Used older jeans with no holes to protect legs from trees and branches.

REQUIRED GENERAL CLOTHING:

- Underwear & Socks
- T-Shirts
- Shoes – Comfortable for running around in camp and hiking down to the river.
- Long Sleeved Shirts – Evenings and mornings can be crisp. Bring a light colored one that can double for sun protection. Long sleeves also help keep bugs at bay on warm overnights.

REQUIRED ACCESSORIES:

- Unbreakable Water Bottle - One liter or quart size. Wranglers and Adventurers must have 2. One with filter.
- Flashlight w/ extra Batteries.
- Sunscreen – 30spf is good
- Bug Spray – Our area is not particularly plagued by bugs, just some mosquitoes and flies on occasion.
- Fanny Pack – For sunscreen, bug spray and Chap Stick for use while riding
- Stuff Bag for sleeping bag on over night - Needs to be big enough to hold sleeping bag with extra clothing, flash light etc. Not too big though - all must be packed on mules.
- Personal Articles – Toothbrush, Soap, Sunscreen, Toothpaste, Deodorant, Chap Stick, Dental Floss, Shampoo, Wax for Braces, Towel, Hand Lotion, Personal Wash Cloth. Place in 2 Large Zip Lock Bags with Campers Name. Use one Zip Lock for sundries and one for wet stuff - wash cloth, swim suit etc.

SUGGESTED ITEMS – FOR ALL CAMPERS

- Windbreaker – lightweight, wind blocking capacity
- Shorts or Swimsuit - On hot days we splash in the rivers and lakes!
- Sweatshirt & Sweat pants.
- Pillow – if your child is used to one, they will probably sleep better with one in camp. Does not go out on the overnight.
- Sleeping bag liner – For kids who are always warm a sleeping bag liner (old sheet sewn across the bottom and up the side half way – old flannel sheets are especially good for this) can serve as a "California Blanket if the weather turns very warm and will keep the sleeping bag nice and clean. For those chilly kids or if you are questioning the weight of the sleeping bag, a fleece blanket for inside the bag is a great choice.
- Pocket Knife – Folding knife with locking blade or multi-tool
- Bandana – For dusty trails and hot days. Wet bandanas make great "cool caps" on very hot days!
- Letter writing materials
- Book – something to read before bed or while swinging in a hammock under a tree.
- Fitted Twin Sheet – Optional, but it makes bunk feel cozy & "homey". The camp provides a sheet, so this is purely optional.

Medications – Click on link for handling medications

If you have any outgrown items on the required list in good condition that you would be willing to donate to the cause, just bring them to camp at check in. We need to expand the back-up system for campers whom, for whatever reason, show up without their gear. Thanks!!

CANDY AT CAMP WAHOO– When kids bring candy; they usually end up eating it when they feel those hunger pangs coming on – just before a meal! Gum is another

challenge. It is particularly unsafe to have gum (or candy) in your mouth while participating in an active sport. Also, candy and snacks are irresistible to the local wildlife. It's no fun to find your stuff was chewed through by "Marvin the Mooch", so our respectful request is please keep the gum and candy at home and do not mail to camp.

THIS IS FOR WRANGLERS, ADVENTURERS, CIT'S AND JR. STAFF:

Wranglers, Adventurers, CITS and Jr. Staff have additional challenges and more responsibilities they will be learning to handle and therefore must be properly prepared. Here are the lists of things they will need in addition to the basic lists. Because these young people will be on the trail for longer trips, it is even more important they come completely prepared.

REQUIRED FOR WRANGLERS, ADVENTURERS, CITS & Jr. STAFF:

- Fanny Pack – large capacity. For survival and emergency gear. To be worn at all times on trail.
- First Aid Kit. One designed or built for back country travel. (Adventurers, CITS, Jr Staff) See list on other side of page.
- 2 Water Bottles - 1 with a filter
- Pocket Knife
- Waterproof/windproof Matches
- Waterproof Container for those matches.
- High Energy Food – trail mix, cocoa mix, instant soup mix, bouillon cubes, hard candy, energy bars, jerky, etc. This is emergency food – NOT snacks.
- Emergency Shelter – plastic tube tent or plastic sheet w/ (reinforced grommets) and twine.
- Space Blanket
- Sun Protection – hat, sun glasses and sunscreen.
- Duct Tape – 1 1/2" – 2" roll* (not the whole roll)
- Mess Kit
- Sierra Cup* – Metal cup to tie on saddle – a multi purpose item!
- Topographic Map of the area – (Optional Wranglers & CIT's – Required Adventurers & Jr. Staff) Mt. Stewart Green Trails #209 & Kachess Lake Green Trails #208 with a waterproof map sack are available in the Trading Post for \$25 for the entire set.
- Compass – Silva. The flat kind that has degrees at 20 degree intervals and is easy to read.
- Saddlebags or Horn Bags (required for Adventurers & Jr. Staff, suggested for Wranglers & CIT's) holds many of the necessities on longer trips. Saddle bags must be of the smaller variety as larger ones often get too heavy and do damage to the horses back & kidneys. Horn bags do a fine job. Canteen bags are also a great option.
- Water purification tablets (Adventurers) Great backups in a pinch. There are now water bottles that have water filters built right into the top available in the Trading Post.

SUGGESTED ITEMS FOR WRANGLERS, ADVENTURERS:

- Snug-fitting Work Gloves – Leather for riding while leading and handling mules.
- Wrist Watch w/ hands – used in survival training.
- Pocket Knife in Holder & Belt – Also good is a sturdy multi-tool with holder to be worn on belt.
- Water Filter – Gone are the days when you can drink from streams. Guards against Giardia. There are now water bottles with filters built right into the tops

REQUIRED FOR CITS & Jr. STAFF:

- Alarm Clock – wind up or w/ new batteries!
- Knife in Holder & Belt – Can be pocket knife.
- Snug-fitting Work Gloves – for handling mules and hay etc.
- Wrist Watch w/ hands – used in survival training
- Camp Wahoo CIT or Jr. Staff shirt
- Blue Denim Jeans
- Riding Boots
- Red Bandana
- Western-Style Hat if 18 or over

IMPORTANT!! It has been proven that ponchos are not acceptable raingear for Adventurers and Wranglers. They are too floppy and restricting when they are working with horses and mules or dismounting quickly on the trail. The camp will provide ponchos for extra protection to campers while on their horse but CIT's and Jr. Staff must have their own approved rain gear.

Thank you in advance for taking the time to read and use this information and these lists in getting you child ready for Wahoo's very unique camp experience. When all the children are well prepared, everyone's energy can go to enjoying the beautiful outdoors, the riding and camp life. You are a very important link in making your child's camp experience that wonderful childhood memory. We want you to know we appreciate the time and energy you have taken to get your camper ready for the Wahoo experience. Keep in mind this kind of camp is hard on clothing and gear. Don't send anything that you will regret losing or having damaged.

THE HELMET STORY

- Why wear a helmet? It can save your life! Bumped and broken bodies can heal, a broken brain can't.
- When should you wear a helmet? Always! Regardless of your experience or riding style, it is important to wear an equestrian helmet every time you ride.
- How do you choose an equestrian helmet? Look for the American Society for Testing Materials (ASTM) and Safety Equipment Institute (SEI) stickers. These stickers mean that the helmet has been safety tested and approved. Never buy a helmet that doesn't have an "approved" sticker.
- How to fit a helmet:
- Helmet fits when it is level from front to back and the front edge extends down to about an inch from the top of the eyebrows.
- Helmet should fit the head snugly and should not slide freely about the head.
- When properly adjusted, the helmet should not easily "roll" or slide forward or backward.
- It should not be removable without unbuckling the strap.

- How to measure a head: For a proper fit, carefully measure the circumference of the head about 1" above the eyebrows – and around the back of the head. Make sure tape is level just like helmet is supposed to be!
- ASTM/SEI Thin Shell Helmets: The most exciting advance in helmets in years, thin-shells are the lightest equestrian headwear ever produced which still meet all ASTM/SEI safety standards. Weighing just 12 oz. Or less, they have much thinner and lighter outer shells, along with much denser inner shells of shock-absorbing expanded polystyrene. They are covered by a Lifetime Impact Replacement Guarantee. Riders are more likely to wear them at all times-a valuable development.

IMPORTANT NOTICE: Part of the Camp Wahoo! Learning experience is preparing to handle outdoor/wilderness conditions. Most of the items on our lists can be found around the home. Specialty items can be purchased at REI, Cabela's, Horse Tack and Sporting Goods Stores. Thrift stores and second hand stores are also good. We keep a limited supply of items available for rental at our Trading Post in camp. We ask that you use us as a last resort.

- If a camper shows up for an activity without a required item, that camper will not be able to participate until it is procured. If it is just a matter of running back to the tent to get it – Great!
- But, if an item has been forgotten at home, or if what came with your camper is not adequate and not available through the rental program a call home for the missing item will have to be made before the camper can go on trail rides or the overnight. We can not allow a child, for their safety, to go into the mountains unprepared.