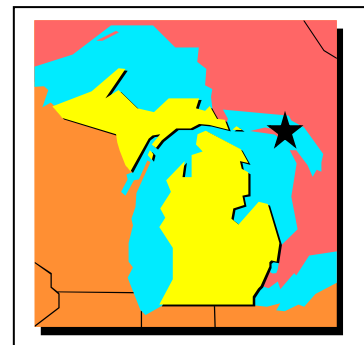


# HELMSMEN



**NOTE:** As of **June 1, 2009**, U.S. citizens returning home from Canada, Mexico, the Caribbean or Bermuda, by land or sea, are required to present one of the travel documents listed below.

**U.S. Passport** – This is an internationally recognized travel document that verifies a person’s identity and nationality. It is accepted for travel by air, land and sea.

**U.S. Passport Card** – This is a new, limited-use travel document that fits in your wallet and costs less than a U.S. Passport. It is only valid for travel by land and sea.

## ESSENTIAL CLOTHING AND EQUIPMENT LIST

Helmsmen move up the sailing ladder to Hayo-Went-Ha’s larger class of sailboats, the M, C and E-scow designs. Wind conditions on Torch Lake are excellent for teaching the rudiments of sailing or for honing skills prior to an eight day challenge on the North Channel of Lake Huron on a Hunter 386. The trip is based out of Gore Bay on Manitoulin Island in Ontario, Canada.

### Essential items

#### **PASSPORT!**

Pillow, pillowcase, sheets and blankets for cabin beds

Rain gear (suit, coat)

Toiletries

Towels and washcloths

Plenty of socks and underwear

Shorts and t-shirts

Jeans

\* Flashlight

Bathing suit(s) (nylon is best)

Water shoes, Tevas or flip flops

Wool or wool blend sweater or fleece or sweatshirt

Sleeping bag

\* Laundry bag

Sunscreen

\* Hat or bandana

\* Mosquito spray or lotion

\* Water bottle

Comfortable sneakers

\* Mess kit with silverware and cup

Footlocker, trunk or suitcase for the above

### Optional Items

\* Camera and memory cards/film

A good book, magazine or journal

\* Chapstick

\* Ping Pong Paddle

Baseball glove

Musical instrument

Photographs of family and friends

\* Available in the camp store

### DO NOT BRING:

- iPods, Mp3’s, Walkmans, or CD’s and/or Video Cameras
- Large knives
- Food, snacks or candy
- Electronic games
- Radios
- **Cell Phones**
- Computers

### INFORMATION REGARDING CLOTHING:

Old and sturdy clothing is best for camp; as it will get rough wear. Clothing for both warm and cold weather conditions is necessary since weather can, and often does, change quickly. A sweatshirt and light jacket works better than a heavy jacket in cooler weather. The number of articles will vary with each individual. Adult supervision in packing will guarantee needed items get packed. This is just as important for our veteran/older campers. Footlockers or trunks are handy for 4-week campers.

*There are NO laundry facilities for campers at camp. Four-week campers will go one time to a coin operated laundry.*

*Two-week campers must bring enough clothing for that length of time. Two-weekers do not go to the laundry.*

**Please mark all articles of clothing and belongings with your camper’s name or initials.**

***Please turn over for the packing list for the trip!***

*This list is detailed and specific for the  
Helmsmen trip.  
Please read through the list carefully.*

### **Trip Equipment**

**Please read NOTE at the top of page 1 regarding required border crossing documentation!**

Helmsmen require AN ADDITIONAL \$50 in their camp store to cover laundry and additional trip expenses.

Medium sized duffle bag for storage of clothing and personal articles on the boat

Boating or Deck Shoes

Work or sailing gloves

Wool socks

Beach Towel

\* Wool (knit) hat

Polypropylene/thermal underwear

Sunglasses with strap

Pocket knife

\* Chapstick

\* Available in the camp store

### **Discover SCUBA Diving!**

- Comprehensive warm water pool and lake instruction
- No previous SCUBA experience necessary
- All technical equipment provided
- Pool instruction will not exceed five feet in depth
- Scheduled during camper's free time
- Extra fee required, fill out the Discover SCUBA form and the front/back of the PADI Discover SCUBA Diving participant statement. Both are yellow forms.

A doctor medical statement is **not** required.

### **ADVANCED SCUBA DIVING:**

Please see the enclosed insert if you are interested in advanced SCUBA courses!

A doctor medical statement is required (enclosed).

Classes are taught in conjunction with your regular Helmsmen program. You will receive a full refund for any class that you are not eligible for or are not able to participate in due to time constraints. Advanced registration allows us to anticipate the number of participants and have all necessary materials on hand prior to your son's arrival at camp.

### **Suggested Web sites for camping needs and equipment**

[www.rei.com](http://www.rei.com)

[www.campmor.com](http://www.campmor.com)