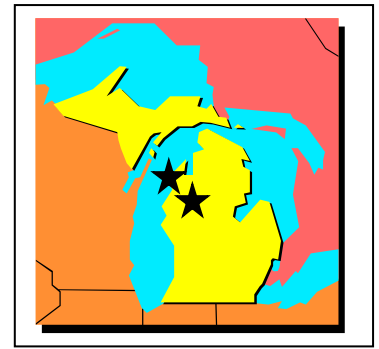


# FOUR-WEEK PATHFINDERS



## ESSENTIAL CLOTHING AND EQUIPMENT LIST

While the in camp portion remains an important part of the camp stay, Pathfinders can expect to meet new and interesting challenges on their two different trips. First they will learn the intricacies of canoeing on a two-day trip on the Manistee River. Then they will journey to Sleeping Bear National Lakeshore for a three-day trip to hike, swim and play while maintaining a base camp. The group expands their knowledge and enjoyment of group living while tackling the greater challenges in camp craft.

### Essential items

Pillow, pillowcase, sheets and blankets for cabin beds  
Rain gear (suit, coat or poncho)  
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  
\* Laundry bag  
Sunscreen  
\* Hat or bandana  
\* Mosquito spray or lotion  
\* Water bottle  
Comfortable sneakers  
Sleeping bag and sleeping mat  
\* Mess kit with silverware and cup  
Footlocker, trunk or suitcase for the above

### Trip Equipment

Please send an additional \$15 for laundry  
and trip funds  
Sunglasses  
Small school backpack or duffel bag  
for overnight gear

### Optional Items

\* Camera and memory cards/film  
\* Chapstick  
\* Ping Pong Paddle  
Baseball glove  
Tennis Racquet and Balls  
A good book, magazine or journal  
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
- Pocket 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.**

Suggested Web sites for camping needs and equipment

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

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

**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.