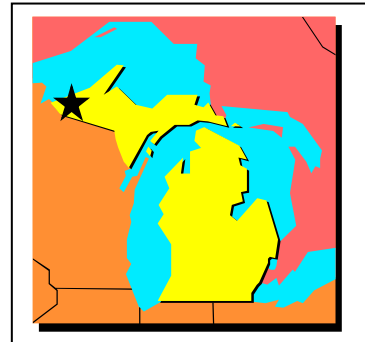


VIKING OUTPOST



ESSENTIAL CLOTHING AND EQUIPMENT LIST

Outposters spend one week exploring the Porcupine Mountains (in Michigan's Upper Peninsula). Acquired skills are put to test as campers hike panoramic views including the famous Lake of the Clouds. This is an ideal introduction to true wilderness camping. Viking Outposters also enjoy all of our in-camp activities such as ropes course, initiatives, zip line and our great waterfront.

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
Sleeping bag and sleeping mat (must fit on or in backpack)
* 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
Tennis Racquet and Balls
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
Viking Outpost trip.
Please read through the list carefully.*

Trip Equipment

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

Hiking boots (broken in)

Backpack (A good size would be 4000 - 5000 cubic inches with either internal or external frame and an adjustable hip strap)

Pack cover (to protect pack from rain)

Zip Loc bags (assorted sizes)

Wool or wool blend socks

Hiking liner socks (Using a light weight liner sock inside heavier wool or hiking socks will draw moisture away from your skin reducing blisters.)

Polypropylene/thermal underwear

Backpack camping towel (smaller size towel)

Sunglasses

Pocket Knife

* 2 Bungee cords and 2 carabineers (To hang items off your pack)

* Wool hat

* An additional water bottle.

* 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.

Suggested Web sites for camping needs and equipment

www.rei.com

www.campmor.com