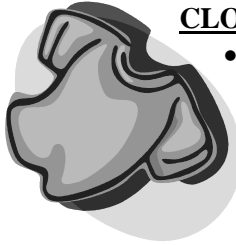


Outpost "To Bring" List

PAPERWORK:

- Completed health form (Health form must be signed by parent or guardian to be valid)
- Youth expectation form, signed by participant and parent or guardian
- Necessary medications and doctor's written instructions



CLOTHING: (Camping tip - Enclose everything in plastic/garbage bags with name labels)

- 2 pairs of shorts/ 2 T-shirts (made of quick drying material)
- 1 pair of pants (preferably not denim as it takes long to dry)
- Rain gear
- 1 sweater or 1 sweatshirt (One or the other, please. Both take up too much room)
- 1 pair of hiking boots
- 1 pair of tennis shoes or sandals which can get wet/ or dry quickly
- 2 pairs of socks/ underwear
- Sleep wear
- Swimsuit
- Towel
- Hat/Bandanna
- Toiletries - soap/shampoo (biodegradable, if possible), toothpaste, toothbrush, deodorant

NECESSARY EQUIPMENT: (Please note Upham Woods is not responsible for lost or stolen property)

- Sleeping bag
- Water bottles!! (at least two)
- Bug spray/ sun block
- Flash light
- Day pack



OPTIONAL EQUIPMENT:



- Camera (waterproof, disposable, inexpensive)
- Personal camp cook gear or other equipment (if desired)
- Binoculars

PLEASE LEAVE AT HOME:

- Pillows (They take up room in canoes)
- Candy, gum, sodas, snacks (They attract rodents and bugs. Can also lead to litter in tents & campsites)
- Radios, CD players, walk-mans, cellular phones, beepers, Gameboys (They disturb the natural beauty for some and can be a very expensive loss in a tipped canoe)
- Valuables, jewelry, expensive cameras, etc. (Murphy's Law of Camping applies here)
- Extra money

*** Please note, we try to pack light for outpost camp because we have to paddle and portage (carry) everything we bring. Pillows, too many clothes, electronic items will be left at base camp. Also, be prepared to re-pack your gear into waterproof canoe (Duluth) packs before your group departs.*