

A CLOTHING AND EQUIPMENT NOTE

Please consider everything on this list a requirement and not a suggestion. There is a ton of good and bad gear on the market. Please do not hesitate to contact us if you have any questions (207-549-5719). **It is important to remember that layers are the key to being warm enough should the weather change.** You can always take off layers to be cooler but if you are freezing and don't have enough layers to put on, you are going to be very miserable and the experience will be somewhat diminished. So layers, layers, layers!

Custom Wavus Clothing and several other items are available online in the Kieve/Wavus Camp Store at www.wavus.org/camp_store.htm. In addition, other necessary Wavus Gear (like boundary bags, sheets, sweat-pants etc.) can be found on-line through a partnership we have with Amerasport at www.amerasport.com. Please refer to the "Helpful Clothing and Equipment Hints" memo to answer many questions and the "Where To Get It" section at the end of this memo.

Note: When ordering items and having them directly sent to camp, it is a good idea to have the company permanently mark your items with your child's name so that they might be identified and returned at the end of camp. Please remind your child that if she buys anything from the Camp Store, she **must** put her name in/on it. Often times it is really busy and we may forget to mention it to them.

IMPORTANT – Camper's name should be clearly marked on **every** article, using sew-on labels, iron-on labels, stamp, or indelible ink. These can be ordered from www.bellofmaine.com and please use Code 1012 as

PRESCRIPTION MEDICINE

Please bring any prescription medicine in the bottle as dispensed by the drugstore with physician directions for use.

CAMP STORE - "PRIDE AND PASSION"

Many items are available in our camp store. There are small items such as insect repellent, lip balm, toothbrushes, bandanas, water bottles, etc. There are also custom Wavus t-shirts, sweatshirts, wristbands, post cards and more. We will charge purchases to your account, which is billed at the end of the camp season.

COSTUME ACCESSORIES

There are many themes used during the camp sessions. Your child may want to bring costume items that can be used for "dress up" or themed items (example: favorite animal, Christmas in July, Olympics, Pirate Day, rock 'n roll, 4th of July). These items could include crazy hats, feathery-type boas, cowboy gear, super hero items, themed t-shirt, etc. Use your imagination!

WHERE TO GET IT?

Numerous good stores sell this gear. L.L. Bean carries everything that you will need www.llbean.com. Both REI and EMS (Eastern Mountain Sports) can also supply this equipment, along with many general outdoor stores. If you prefer to try things on in a store and then order on-line, www.campmor.com, www.ems.com, www.reioutlet.com and www.sierratradingpost.com are great resources.

Amerasport also has a retail store near suburban Boston (just 12 minutes from Downtown Wellesley in Holliston on the Dover/Sherborn line). Call toll-free today (800) 786-9402 or (508) 429-9000 to schedule an appointment. The hours are 9am-6pm Monday - Friday and Saturdays by appointment.

New this year! grUVywear specializes in fashionable, fun, UV protective shirts that offer a UPF of 50+, blocking over 97.5% of the sun's harmful rays. Check out our KieveWavus camp store for more information and a link.

By all means, bring things that you already own or borrow items from friends and family. You will also find good quality items at your local army/navy or sporting goods store if you prefer.

Please mark everything permanently, see the memo on "Hints for Marking Clothing & Equipment."

WAVUS

full session packing list

Get ready for the experience of a lifetime! To make sure campers are prepared for Camp Wavus, please go through the following packing list to ensure that your camper is properly outfitted.

Essential Trip Equipment

Consider everything on this list a requirement and not a suggestion.

✓ Qty	Description	Suggested Amerasport Items#
<input type="checkbox"/>	Rainsuit - must be waterproof, this is very important - no ponchos	32-J10, 32-J20, 32-J25
<input type="checkbox"/>	Sleeping Bag - with stuff sack - suggested 20-30F rating	D34, D39
<input type="checkbox"/>	Sleeping Pad - such as Therm-a-Rest	D40
<input type="checkbox"/>	Duffel Bag - such as waterproof "river duffel/boundary pack"	C22, C23
<input type="checkbox"/>	Life Vest/ P.F.D - we can loan but your own might fit better	
<input type="checkbox"/>	Day Pack - school backpack is fine - to fit sleeping bag and clothes	32-B703, 32-B706 B440, D41
<input type="checkbox"/>	Headlamp - with extra fresh batteries	C34, C35
<input type="checkbox"/>	Water Bottle or Camel Bak	C26, B550
<input type="checkbox"/>	Swimsuit	S04, S08
<input type="checkbox"/>	Camper's 14 & older: It's okay to bring an all purpose tool like a Leatherman	

Upper and Lower Body Layers

<input type="checkbox"/>	Long Underwear - synthetic mid-weight tops and bottoms	A38, A39
<input type="checkbox"/>	Long Pants - quick dry, fleece, warm ups or wind pants (no blue jeans)	32-A27, 32-J25
<input type="checkbox"/>	Pullover Polar Fleece or Zip Up Jacket - to retain body heat	32-J20, 32-J60,
<input type="checkbox"/>	Lighter Fleece Top or Synthetic Top - for layering	32-J70, 32-A04
<input type="checkbox"/> 2	Quick dry T-shirts - polyester, no cotton	32-A33, 32-A34,
<input type="checkbox"/> 2	Quick dry Shorts - polyester, no cotton	32-A24, 32-A24B
<input type="checkbox"/>	Polar Fleece Vest - nice but not necessary	32-J70

Boots, Footwear, and Headgear

<input type="checkbox"/> 2 pairs	Sneakers - ones that won't fall off	
<input type="checkbox"/>	Sandals/Water Shoes - for water activities. Must have heel strap & closed toe.	F01, F02, F09
<input type="checkbox"/> 3 pairs	Hiking Socks - wool or blended	F04, F05
<input type="checkbox"/> 3 pairs	Sock Liners - good for preventing blisters	
<input type="checkbox"/>	Baseball Cap or Visor	32-H40, 32-H41, 32-H43
<input type="checkbox"/>	Warm Hat - polar fleece or wool	

IMPORTANT, PLEASE NOTE:

RETURNS:

Non-personalized merchandise carries a **full money back guarantee**, and is returnable **within 15 days after receipt** of merchandise. All items returned **must** have a **return authorization number**. All items returned **after 15 days** in new condition will be given a **store credit**. See back of form for more info.

PRICES ARE SUBJECT TO CHANGE:

Prices are subject to change as availability and pricing from manufacturers sometimes varies.

In Camp Items

✓ Qty	Description	Suggested Amerasport Items#
<input type="checkbox"/> 2	Camp Logo T-shirt	32-A02, 32-A03, 32-A16, 32-A29, 32-A58, 32-A29
<input type="checkbox"/> 1-2	Pajamas - must be warm	A13, A40, A42
<input type="checkbox"/> 1-2	Pajamas - lightweight	A34, A34G
<input type="checkbox"/> 1	Plain white 100% cotton T-shirt	
<input type="checkbox"/> 1	Bandana	
<input type="checkbox"/> 3	Short Sleeve T Shirt	32-A02, 32-A16, 32-A58, 32-A29
<input type="checkbox"/> 2	Long Sleeve Shirt	32-A04
<input type="checkbox"/> 3	Shorts	32-A24, 32-A24B, 32-A23, 32-A12
<input type="checkbox"/> 1	Long Pants - jeans, khakis, etc.	32-A08, 32-A13, 32-A27
<input type="checkbox"/> 2	Sweatshirt	32-A05, 32-A06
<input type="checkbox"/> 6-8 pairs	Underwear	A34, A34G, A46
<input type="checkbox"/>	Windbreaker - or Anorak top or light jacket	32-J20
<input type="checkbox"/> 1	Belt	
<input type="checkbox"/> 5 pairs	Socks	F05, F07
<input type="checkbox"/> 1	Pillow	D30
<input type="checkbox"/> 2	Blankets	D28, D42, D46, D46G D47
<input type="checkbox"/> 1	Facecloth and hand towel	
<input type="checkbox"/> 1 set	Sheets and Pillow cases - twin or single bed size regular length	D22, D24, D26, D25G
<input type="checkbox"/> 2	Bath/Beach towels	C10
<input type="checkbox"/>	Sunglasses with float band	
<input type="checkbox"/>	<u>Toiletries and Other Items</u>	
<input type="checkbox"/>	Bag to keep toiletries together	C11, C12, C18, C13, C14,
<input type="checkbox"/>	Toothbrush and toothpaste	C15
<input type="checkbox"/>	Soap	C15
<input type="checkbox"/>	Shampoo/Conditioner (in unbreakable container)	
<input type="checkbox"/>	Hairbrush & comb	C15
<input type="checkbox"/>	Other personal hygiene items	
<input type="checkbox"/>	Insect repellent	C32, C30
<input type="checkbox"/>	Sunscreen	C30
<input type="checkbox"/>	Chapstick or lip balm with sunscreen	C30
<input type="checkbox"/>	Stationary and stamps - pre-addressed and stamped is best	G16, 32-G19, C21
<input type="checkbox"/>	Pens or pencils	
<input type="checkbox"/>	Summer reading - books, etc.	
<input type="checkbox"/>	<u>Optional Items</u>	
<input type="checkbox"/>	Small notebook	G16
<input type="checkbox"/>	Writing Journal	G16
<input type="checkbox"/>	Playing cards, board games, other non-electric games	
<input type="checkbox"/>	Tennis racquet and tennis balls	
<input type="checkbox"/>	Lacrosse stick	
<input type="checkbox"/>	Baseball glove and ball	G23, G24, G25, G26
<input type="checkbox"/>	Fishing rod and tackle	
<input type="checkbox"/>	Disposable or digital camera (must be marked with camper's name)	C16
<input type="checkbox"/>	Ridge Rest Chair or Crazy Creek Chair	C40
<input type="checkbox"/>	Mid-weight - hiking boots and or ankle-supporting sneakers	
<input type="checkbox"/>	Costumes (see costume accessories description)	

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WAVUS

intro session packing list

Get ready for the experience of a lifetime! To make sure campers are prepared for Camp Wavus, please go through the following packing list to ensure that your camper is properly outfitted.

Essential Trip Equipment

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<input type="checkbox"/>	Sleeping Bag - with stuff sack - suggested 20-30F rating	D34, D39
<input type="checkbox"/>	Sleeping Pad - such as Therm-a-Rest	D40
<input type="checkbox"/>	Duffel Bag - such as waterproof "river duffel/boundary pack"	C22, C23
<input type="checkbox"/>	Life Vest/ P.F.D - we can loan but your own might fit better	
<input type="checkbox"/>	Day Pack - school backpack is fine - to fit sleeping bag and clothes	32-B703, 32-B706 B440, D41
<input type="checkbox"/>	Headlamp - with extra fresh batteries	C34, C35
<input type="checkbox"/>	Water Bottle or Camel Bak	C26, B550
<input type="checkbox"/>	Swimsuit	S04, S08

Upper and Lower Body Layers

<input type="checkbox"/>	Long Underwear - synthetic mid-weight tops and bottoms	A38, A39
<input type="checkbox"/>	Long Pants - quick dry, fleece, warm ups or wind pants (no blue jeans)	32-A27, 32-J25
<input type="checkbox"/>	Pullover Polar Fleece or Zip Up Jacket - to retain body heat	32-J20, 32-J60,
<input type="checkbox"/>	Lighter Fleece Top or Synthetic Top - for layering	32-J70, 32-A04
<input type="checkbox"/> 1	Windbreaker	32-J20

Boots, Footwear, and Headgear

<input type="checkbox"/> 2 pairs	Sneakers - ones that won't fall off	
<input type="checkbox"/>	Water Shoes - for water activities. Must have heel strap and closed toe.	F01, F02, F09
<input type="checkbox"/> 2 pairs	Athletic Socks	F04, F05
<input type="checkbox"/>	Baseball Cap or Visor	32-H40, 32-H41, 32-H43
<input type="checkbox"/>	Warm Hat - polar fleece or wool	

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<input type="checkbox"/> 1	Pajamas - lightweight	A34, A34G
<input type="checkbox"/> 1	Plain white 100% cotton T-shirt	
<input type="checkbox"/> 1	Bandana	
<input type="checkbox"/> 2	Short Sleeve T Shirt	32-A02, 32-A16, 32-A58, 32-A29
<input type="checkbox"/> 1	Long Sleeve Shirt	32-A04
<input type="checkbox"/> 2	Shorts	32-A24, 32-A24B, 32-A23, 32-A12
<input type="checkbox"/> 1	Long Pants - jeans, khakis, etc.	32-A08, 32-A13, 32-A27
<input type="checkbox"/> 1	Sweatshirt	32-A05, 32-A06
<input type="checkbox"/> 5 pairs	Underwear	A34, A34G, A46
<input type="checkbox"/>	Windbreaker - or Anorak top or light jacket	32-J20
<input type="checkbox"/> 1	Belt	
<input type="checkbox"/> 5 pairs	Socks	F05, F07
<input type="checkbox"/> 1	Pillow	D30
<input type="checkbox"/> 1	Blankets	D28, D42, D46, D46G D47
<input type="checkbox"/> 1	Facecloth and hand towel	
<input type="checkbox"/> 1 set	Sheets and Pillow cases - twin or single bed size regular length	D22, D24, D26, D25G
<input type="checkbox"/> 2	Bath/Beach towels	C10
<input type="checkbox"/>	Sunglasses with float band	
<input type="checkbox"/>	<u>Toiletries and Other Items</u>	
<input type="checkbox"/>	Bag to keep toiletries together	C11, C12, C18, C13, C14,
<input type="checkbox"/>	Toothbrush and toothpaste	C15
<input type="checkbox"/>	Soap	C15
<input type="checkbox"/>	Shampoo/Conditioner (in unbreakable container)	
<input type="checkbox"/>	Hairbrush & comb	C15
<input type="checkbox"/>	Other personal hygiene items	
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<input type="checkbox"/>	Sunscreen	C30
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<input type="checkbox"/>	Summer reading - books, etc.	
<input type="checkbox"/>	<u>Optional Items</u>	
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<input type="checkbox"/>	Tennis racquet and tennis balls	
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<input type="checkbox"/>	Fishing rod and tackle	
<input type="checkbox"/>	Disposable or digital camera (must be marked with camper's name)	C16
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<input type="checkbox"/>	Mid-weight - hiking boots and or ankle-supporting sneakers	
<input type="checkbox"/>	Costumes (see costume accessories description)	

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SENDING MAIL & PACKAGES TO YOUR CAMPER

MAILING ADDRESSES:

When using the Post Office

Wavus Camp for Girls
Camper name & cabin
PO Box 350
Jefferson, ME 04348

SHIPPING ADDRESSES:

When using a shipping company to deliver (UPS, FedEx, DHL)

Wavus Camp for Girls
Camper name & cabin
88 Wavus Point Road
Jefferson, ME 04348

*Overnight takes 2 days as we are considered rural.

You should put the address inside the box or bag that you're shipping in case the outside one is torn off.

IT IS VERY IMPORTANT THAT THE CAMPER NAME & CABIN NAME IS INCLUDED IN THE ADDRESS FOR
ALL MAIL AND/OR SHIPPING