

DEERFOOT 

DEERFOOT LODGE

2018 IMPORTANT CAMPER
INFORMATION



Your Camper: _____
 Registration Session: _____ Father/Son _____
 Information Section: _____ Arrival Date: _____

Dear Camper Parent or Guardian,

Thank you for registering for camp!

We're excited for our 89th season of camping ministry to boys.

This registration packet contains important information that will help you prepare your son for a life-changing session at the Lodge. Please read it and do not hesitate to call with questions.

We apologize in advance for the many forms required. The fact is that in today's world, it's not a simple matter to run camp. For us to serve your son well, we need you to complete all of the forms in a timely manner. Please pay special attention to the camp health & medications protocols. Submitting these at least four weeks before your son arrives is very important.

As always, please don't hesitate to call with any questions!

See you at camp!



DEERFOOT 

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REGISTRATION FORMS CHECKLIST:

All forms are available on your CampInTouch account at
<https://deerfoot.campintouch.com/v2/login.aspx>

All Campers:

- Physician's Examination. Please note that no Health Forms other than the one provided by Deerfoot can be accepted.
- Online Health History Form (to be filled out by a parent/guardian)
- Important Info and Logistics (this online form includes Meningococcal Meningitis vaccination questions, custodial release info, and Deerfoot's risk management statement).

As Applicable:

- Food Allergy Plan (These are posted on CampInTouch and are labeled, "Parental Statement on Dietary Needs" and Medical Professional Dietary Statement").
- Unit-dose packaged medications (options listed in the Health & Well-being section of this booklet).

About Deerfoot Lodge

CONTACT:

PO Box 228, Speculator, NY 12164

Camp Office Phone: 518-548-5277

Camp Office Email: Deerfoot@deerfoot.org

Emergency Phone: 518-548-5288 (only use
in a true emergency)

Web Site: www.deerfoot.org

THE DEERFOOT TRADITION: A place like Deerfoot is hard to find in today's ever-changing world. Deerfoot Lodge's core program has remained the same for over 85 years. It's a world away from the breakneck, technology-driven pace that consumes so much of life. Campers are prohibited from bringing any portable electronic devices. The music at Deerfoot comes from our own voices and acoustic instruments. The activities at Deerfoot make the most of our environment: a beautiful lake, forest, wildlife, fellowship, challenges, and excellent staff. Most of the camper evaluations we receive indicate that campers love being "away from it all." To keep Deerfoot the special place it has been for decades, campers and parents should cooperate with the following policies and procedures.

Deerfoot is a high-energy environment. Walking, hiking, running, and/or swimming is a part of nearly everything we do. Deerfoot celebrates healthy competition that is fun for everyone. We keep score in our games, but winning and losing are not important enough to divide us.

The Deerfoot culture thrives on age-appropriate challenges to help us grow. We intentionally seek to "stretch" campers and staff beyond the 'comfort zone' because that is when growth is most likely to occur. Everything—the setting, instructional areas, games, hikes, and activities—are designed with age-appropriate challenges (physical, emotional, and spiritual) for the purpose of growth. There is no guarantee that each camper will succeed in overcoming each challenge, but even in "failure," we learn and grow.

The camper and staff community is designed to foster deep and meaningful relationships. Counselors have one-to-one time with each of their campers to get to know them personally and encourage them in their growth. These one-to-one times are conducted with appropriate accountability.

LOCATION: Deerfoot is located six miles north of Speculator, NY on Highway 30, just past the gray pig rock. Camp is 60 miles from both the Amsterdam and Utica ex-

its on the New York State Thruway. Our physical address is 134 Deerfoot Lodge Dr., Speculator, NY 12164. Visit www.deerfoot.org for driving directions.

OWNERSHIP: Deerfoot Lodge is owned and operated by Christian Camps, Inc., a non-profit corporation. Rules for acceptance and participation in the program are the same for everyone without regard to race, color, or national origin.

MISSION & SPIRITUAL INFLUENCE: Our core mission is to build godly men. We believe that a commitment to the Biblical message—that Jesus Christ is the Son of God who came to earth in human flesh to die for sins and bring salvation to everyone who believes—is at the heart of what it means to be a godly man. Deerfoot boys are taught the truths of Scripture in a clear and relevant way. They are encouraged, but never pressured, to respond in discussion and commitment. Our goal is to meet boys where they are in their own faith and to help them understand Scriptural truth and its meaning for their lives.

Registration Check-In & Departure

REGISTRATION CHECK IN: Registration for incoming campers is at 3:00 pm on Saturday. Check-in day can be stressful for parents and campers, who may be travel-weary and (understandably) nervous about coming to camp. Sending forms and payments ahead (even camp store fund deposits) will help minimize the time spent in lines and allow you to be free to support your camper's first day experience. Your positive attitude and patience makes an impression on your campers and contributes to a strong start, and may even minimize homesickness. Parents are encouraged to stay at camp until 5:00 pm, when the whistle will sound, campers will line up on the ball field, and parents will be kindly encouraged to leave!

FORMS: Submit all forms and balances at least **four weeks** before you arrive. This will help us prepare for your camper and expedite the registration process. We reserve the right to give your space to a camper on the Waiting List if we do not have your forms on time.

CANCELLATION POLICY: The \$300 registration fee is non-refundable. Camp tuition will be refunded for cancellations that occur at least four weeks prior to the start of the session. During the four weeks before the session, tuition will be refunded only if we can fill your space with another camper.

DEPARTURE: Arrive at 9:45 am to meet your camper. Luggage, Trading Post balances, medications, and lost & found will be ready on Saturday morning between 10:00 and 11:30 am at the Trading Post. The Circle of Friendship will be at 11:00am. All departing campers are asked to leave before noon to facilitate traffic flow and next session preparations.

DEPARTURE PROCEDURE: We cannot release a camper to anyone other than the authorized custodial parent or guardian unless we have written permission (you will be asked to provide this information in the "Important Info and Logistics" form on CampInTouch). A road check will be employed to verify that campers are released only to the adult listed on the form or custodial parent. If someone other than the authorized adult is to pick up your camper, written instructions from the custodial parent or guardian must be sent to the camp office prior to departure.

EARLY ARRIVAL OR LATE DEPARTURE POLICY: Deerfoot cannot accommodate requests for campers to arrive or depart early or late. Check-in is at 3:00 pm on opening Saturday and departure is no later than 12:00 pm on closing Saturday. Please plan accordingly.

AIRPORT SERVICE: Shuttle service to and from Albany International Airport (ALB) is available for arriving and departing campers. Please schedule flights as close to midday/noon on Saturday as possible. The two-hour trip to and from camp is made in a Deerfoot van/car and requires a departure from camp four hours prior to the flight.

Flight Information must be received 30 days prior to arrival.

TRADING POST ACCOUNT: Sending money ahead of your arrival to deposit in your camper's Trading Post account will shorten your time in lines (we suggest \$80). Mail a CHECK to Deerfoot payable to Deerfoot Lodge. We do NOT accept credit cards for the Trading Post account. Each camper may visit the store daily (except hike days and Sundays) to purchase snacks, clothing, fishing tackle, cards, stamps, and so on. These, along with craft charges and/or optional contributions to the missionary fund, will be subtracted from the camper's Trading Post account. Campers should not keep cash with them while at camp.

SCHOLARSHIPS: If scholarship help is needed, please request a scholarship form from the camp office. Since camper fees cover only 60% of operating expenses, Deerfoot depends on contributions from people who believe in its mission to build godly men. These contributions make it possible to keep camper fees at manageable levels while providing the resources necessary for quality staff, program, facility, and equipment.

SWIMMING: All new Deerfoot campers will be given junior swimming tests, which are available on check-in day. The junior swim test consists of swimming one lap (60 yards) and treading water for 1 minute.

Health & Well-Being

HEALTH INFORMATION: Registered campers will need health forms completed via the Forms and Documents page of their CampInTouch account. This account can be accessed at <https://deerfoot.campintouch.com/v2/login.aspx>.

Deerfoot's "Physician's Examination" form, downloaded from CampInTouch site or camp web site, must be signed by a licensed physician within the last two years. Signed Physician's Examination forms can be uploaded to your CampInTouch account. If you have any problems uploading forms, make a copy to keep and mail/fax the originals to Deerfoot.

Important: Since we are accountable to NYS Dept. of Health regulations, we cannot accept other Health Forms in lieu of the Deerfoot Lodge Health Forms (Physician's Examination and online Health History Form). All information and forms are due four weeks before your camper's arrival. If you have any questions, email JoNurse Sally at jonurse@deerfoot.org.

CHECK IN: The registration check-in procedure includes a basic health exam for fever, lice, and signs of illness.

MEDICATIONS: Medication ordered by the camper's medical provider for daily administration must be delivered to camp in **unit dose packaging** for the camper which is **packaged by a pharmacy**. All meds that will be brought to camp **MUST** be written on your child's health form, signed by the physician (this is required by the New York State Department of Health). For any last-minute medication changes, a physician's order is required when camper arrives. This includes prescription, over-the-counter, and inhaled medication.

If you don't have a local pharmacy that will package medications by unit dose, you may use one of several pharmacies listed below. Please complete your child's medication information as soon as possible to avoid possible late fees associated with rush delivery. We recommend processing your camp medications 60 days prior to the start of the session.

Suggested pharmacies: Pill Pack (www.pillpack.com, 855-745-5725); Toms Family Pharmacy (www.tomsfamilypharmacy-ny.com, 518-725-0615); Palmer Pharmacy (www.palmer-pharmacy.com, 518-762-8319). Please mention your affiliation with Deerfoot Lodge if you call any of these suggested pharmacies.

PRE-EXISTING ILLNESS OR INJURY: Campers who are sick, injured, or have a medical condition which might affect their participation in the program must call ahead to discuss the condition with our Health Center Director before checking into camp. If there are recent injuries or surgeries that involve the back, legs, knees or feet, please call camp to talk to Jo Nurse Sally prior to the camper's arrival. Your camper must be able to participate fully in all programming, which includes hiking and running.

RISK MANAGEMENT: By nature, there is risk involved in wilderness activity and the Deerfoot program. Our programs and trips require living in tents or open cabins/lean-tos, washing in the lake (no showers), physical challenges, wild animals, uneven terrain, wild forests, severe weather, and riding in vans on both highways and dirt roads. Backpack and canoe trips into the wilderness may involve swimming at sites not inspected by New York State and with remote access to emergency medical facilities (24 hours or more). Trip food is prepared by counselors and campers. Eligible dietary restrictions are accommodated by staff members who are not food service professionals. Staff and campers assume these risks together, recognizing that valuable growth comes from learning how to identify hazards and adapt behavior, not only at Deerfoot, but also for a lifetime of enjoying the outdoors.

At Deerfoot, we teach the recognition and management of risks and hazards in the wilderness. Three weeks of staff training includes certification in Wilderness First Aid, Lifeguarding, CPR, and emergency procedures, as well as skills for leading wilderness activities. Deerfoot has a Registered Nurse who lives at camp and manages the camp infirmary. All waterfront activities are supervised by a certified Lifeguard or Water Safety Instructor. A doctor's physical exam within two years is required before coming to Deerfoot and camper medications must be packed individually by unit dose. Deerfoot operates under a permit granted by the New York State Department of Health, which inspects the camp annually. Inspection reports are filed at 11 Saint Bernard Street, Saranac Lake, NY 12983.

Parents are required to sign the Risk Disclosure Statement annually.

FOOD ALLERGIES: Deerfoot food is served "family style," which makes it challenging to accommodate dietary restrictions. We will work to accommodate restrictions based on medically-diagnosed food allergies (a licensed physician's signature is required-MD, DO, PA, or NP). We cannot accommodate dietary preferences such as Kosher, vegetarian or vegan diets, etc. If your son has a food allergy, please complete the "Medical Professional Dietary Statement" and "Parental Statement on Dietary Needs" forms (available on your CampInTouch account, <https://deerfoot.campintouch.com/v2/login.aspx>). These forms include the information necessary to accommodate your son's allergy. It is very important that we receive this information at least four weeks prior to the start of the session.

HOMESICKNESS: Homesickness is a normal part of camp life. Valuable growth comes when campers learn to cope with and overcome homesickness. When parents and camp staff work together to encourage campers to overcome their homesickness, it will be a positive memory. Here are a few tips for helping your camper overcome homesickness based on our experience.

Arriving & Saying Goodbye—Share with your camper how proud you are of him and build his confidence that this is a good place to be. Please do not tell your camper that “if you don’t like it you can always call me and come home.” If a camper believes that going home is up to him, he will likely not cope well with his homesickness.

During the session—Send your camper positive mail. In your letters, be happy and encouraging. Avoid statements like “(name of pet or sibling) misses you.” Give your camper positive news that is taking place at home—maybe even a funny story that he can share with his cabin mates. It would be a great idea to send along a pre-stamped/addressed envelope so that he can write you back. Campers are not permitted to receive packages during the camp session, except when arranged through the camp office in the case of forgotten items, etc.

Visiting campers is not permitted—Homesick campers nearly always regress into deeper homesickness if they see their parents/siblings during the middle of the session.

Homesick letters—It is not uncommon for parents to receive letters that express homesickness early in the session. Usually, those letters are written on the first day at the height of homesickness and before your camper has had time to connect with his cabin community. You are encouraged to reply with positive, upbeat letters emphasizing how proud you are of him.

Severe Homesickness—Counselors keep an eye on how campers are doing with homesickness. In the event of extreme homesickness, the counselor will consult with the Section Chief, and then the Camp Director, who may call the parents to keep them aware. In nearly every scenario, we will recommend a camper finish the session and not leave early on account of homesickness. Even when it is hard, making it to the end of the session will be a significant victory and self-esteem boost for your camper (we know this from experience).

BED-WETTING: Though counselors work hard to make sure everyone goes to the bathroom before bed, it is not uncommon for campers to wet their beds at night. Counselors will discreetly check if there are any wet beds in the morning. After campers leave for Breakfast line up, a counselor will take the wet sleeping bag to the laundry area to be washed, dried, and returned by rest period when campers return to their cabins. If your camper is likely to bed-wet, please share this with the counselor at the beginning of the session.

Camper Contact & Communication

COMMUNICATION: Write to your camper at Deerfoot Lodge, Box 228, Speculator, NY 12164. Please include his cabin or teepee name in the address. The camp office phone is not available to campers. **Care packages are not permitted.** If you need to send forgotten items, please call ahead.

TELEPHONE/EMAIL: Camp Office: 518-548-5277. Camp telephones and email are for office use only. They are not for messages to or from campers or for parents inquiring about the general well-being of their camper.

VISITOR POLICY: Visitation to Deerfoot is by appointment only. Campers may not be visited during camper sessions. Call the office in advance to schedule a suitable time to visit the camp for other purposes.

Camp Life

CAMPER GROUPINGS: Campers are divided by age into three sections: Woodsmen (ages 9-12), Pioneers (ages 13-14), and Indians (ages 15-16). Each section has its own activity and hike schedule. Within the section, campers are housed by age into rustic cabins or teepees (Indians). Campers and counselors bathe the old fashioned way—in the lake! There is no electricity, temperature control, or running water in cabins or teepees.

BUNK MATES: Campers are housed by age. Other factors may also affect how campers are housed. While we welcome bunk mate requests, we cannot guarantee that campers will be in the same cabins/teepees.

LIVING CONDITIONS: All camper housing is rustic— meaning there are no windows or air temperature controls, electricity, or running water in any of the camper housing. All campers have a bunk with a four-inch, plastic covered foam mattress (campers bring their own bedding). The Camper Sections (Woodsmen, Pioneers, and Indians) have access to running water in their section (a spigot), but there are no showers. Campers and counseling staff bathe in the lake (“soap scrub”) wearing swimsuits and using biodegradable Ivory soap.

WOODSMEN HOUSING—Woodsmen live closest to the Main Camp area in rustic log or cottage-sided cabins. They have close access to the “Waldorf,” which is a flushing bathroom facility with electric lights and running water sinks.

PIONEER HOUSING—Pioneers live in rustic log cabins at Pioneer Point, which is about a quarter mile trail walk from the Main Camp area. Pioneer Point has two outhouses (“gudges”), spigots for clean running water, and an area in the lake for soap scrub.

INDIAN HOUSING—Indians live on Indian Island, which is connected to the mainland by a wooden walk bridge. They live in canvas Teepees, each housing five campers and one counselor. The teepees have beds with a mattress that stands one foot off a dirt/gravel floor. It is highly recommended that Indians bring a storage trunk with a waterproof plastic bottom. Indian Island has an outhouse with a spigot for clean running water and an area in the lake for soap scrub.

SCHEDULE: A typical daily schedule is provided on the camp web site. Each camper section, however, has its own unique schedule features.

WOODSMEN SCHEDULE—Woodsmen rise at 7:30 am and go to bed at around 9:00 pm. All Woodsmen leave on an overnight hike each Wednesday, returning for lunch on Thursday.

PIONEER SCHEDULE—Like Woodsmen, Pioneers rise at 7:30 am and go to bed a little later—usually around 9:30pm. Pioneers leave for overnight hikes on the first Thursday of the session, and also on the second Tuesday.

INDIAN SCHEDULE—Indians rise at 6:30 am for morning exercise, which is normally a run to Pig Rock (about two miles total). Quiet hours start at 10:00 pm, but Indians do not have a required bedtime. They learn very quickly that it is in their interest to go to bed at a decent hour! Indians do an overnight hike on the first Tuesday of the session and then a two-night hike the second Monday of the session.

AWARDS PROGRAM: The Awards Program helps a camper excel, discover, grow, and develop skills and abilities. In each of the 11 Instructional Areas campers can earn a Basic, Advanced, and a Master's award. Those who earn three Master's awards receive a Merit "D" award. Young men who earn 6 Masters receive an Honor "D" award. A Deerfooter who earns 6 Masters and demonstrates spiritual depth is eligible for Deerfoot's highest honor—membership in the "Lone Eagle Fellowship."

Achievement awards may be earned in the following instructional areas:

- Survival
- Handcraft
- Sailing
- Wildlife
- Swimming
- Archery
- Fishing
- Canoeing
- Riflery
- Campcraft
- Tripping

FATHER/SON WEEKEND: Registered fathers arrive on the last Friday of the session at 4:30 pm to enjoy Banquet night at camp. The father/son group ventures out on a staff-led canoe trip on Saturday and will camp in small groups around the lake on Saturday night. The weekend concludes Sunday morning with church back at camp. Three father/son weekends are offered each summer, after sessions 1, 2, and 3, and space is limited to 10-12 fathers each weekend. To make sure that others have opportunity to participate, there is a two-year limit per father.

PARTICIPATION POLICY: All campers are expected to participate in camp activities and to live within DL's expression of Faith Heritage and Practice during their time at camp (available at the camp web site). When a camper is unwilling to participate, or is significantly disruptive to other campers and/or the DL program (tobacco, drugs, behavior, language, picking on others, etc.), the issue will be discussed with the disruptive camper and then his parent. Such behavior is unfair to those who come to camp to be away from these things. If the problem is not resolved quickly, arrangements will be made to have the camper return home. Campers may also be required to return home in the event of an injury that significantly limits participation, or expressions of emotional/psychological distress that warrants professional help.

LAUNDRY: Any camper who stays longer than two weeks and wishes to have his laundry done may do so. Your name must be on the outside of your laundry bag and ALL clothing should be marked.

PROHIBITED: Campers may not bring the following with them to camp: alcohol and tobacco products, illicit drugs, weapons, personal vehicles, pets, food, skateboards, electronic games, phones, or music players. Campers should call for approval about personal sports equipment, rifles, bows, and so on, or musical instruments.

Personal cameras are acceptable at your own risk, but multi-function cameras (such as smart phones or mp3 devices, for example) are prohibited. This is a rugged wilderness setting and cameras may be exposed to inclement weather. For this reason, disposable cameras are sold in the camp store and are recommended over expensive personal cameras.

Staff

SUMMER STAFF: Each year, 75 of the finest young men we can hire come to Deerfoot Lodge to provide the needed leadership for the daily program. These men come from across the country, more than 80% with Deerfoot experience, and all with hearts to be and to build godly young men.

STAFF SELECTION: The staff hiring process includes a written application, oral interview, and background checks. Most summer staff each year have prior Deerfoot experience and participate in training for counseling skills, spiritual development, and trail skills, as well as program and emergency procedures.

SENIOR STAFF:

Ron & Anne Mackey. A Lone Eagle and longtime camper and staff, Chief Ron first served Deerfoot as Director for 14 summers. With the development of Deerfoot Lodge Blue Ridge, he now begins his role as Executive Director, overseeing operations at both Deerfoot's Adirondack and Blue Ridge sites. Chief Ron is an ordained minister with a Master of Divinity degree from Trinity Evangelical Divinity School in Deerfield, Illinois. He is married to Anne, who provides administrative support. Ron and Anne are parents to Emily, Abi, Sam, and Grace.

Craig & Michelle Boronow. Chief Craig is the Summer Camp Director of Deerfoot Lodge Adirondack and oversees all operations there. He is a Lone Eagle, a long time camper and staff member, and comes to Deerfoot after having served as camp director at Moose River Outpost in Maine for 9 years. Chief Craig met Michelle while they were undergraduates at Wheaton College and the two have served together in camp ministry for the last 12 years. They are parents to Milo and Juniper.

Nick and Martha Dotti. Chief Nick has been a camper, staff member, work weekender, and Lone Eagle at Deerfoot. He even met his wife, Martha at a Deerfoot Work Weekend. Chief Nick is Summer Camp Director of Deerfoot Lodge Blue Ridge, which is now under construction in Glenville, North Carolina. Prior to joining the Deerfoot team full time, Chief Nick served for 20 years in the US Army Special Forces, leading teams of Green Berets on deployments around the world. Nick and Martha are parents to Maggie, Jon, and Cate.

Ken & Stephanie Hoffman. Ken is in his 22nd year serving as the ADK Facility Manager, overseeing the ADK camp facility throughout the year. Stephanie serves as our Office Manager and Registrar. Stephanie runs camper registration and the bookkeeping duties from the Deerfoot Adirondack office in her home during the off season. Both Ken and Stephanie are active members of the Wells Volunteer Fire Co. The Hoffmans are parents to Shelby and James.

Sally & Mitch Baum. Sally is our Health Center Director. A licensed RN in Pennsylvania and New York, Sally returns this year for her 12th season. Mitch, a longtime staff member, oversees special needs food prep in our kitchen. Sally and Mitch are parents to Nathan, Jonah, and Candice.

Shawn & Erica Barnett. Chef Shawn returns for his 16th year as Director of Food service. A Lone Eagle and longtime camper and staff member, Shawn is a graduate of the Culinary Institute of America in Hyde Park, New York. Erica helps to oversee the management of food allergies at camp. Shawn and Erica reside in Illinois and are the parents of Austin, Ethan, and Elise.

CAMPER/STAFF RELATIONSHIPS: The number of campers is designed for a 1:5 staff-to-camper ratio. Each of Deerfoot's three camper sections has a Section Chief who oversees the section staff and program. The Camp Director is employed full-time to encourage and guide campers and staff throughout the year.

What to Bring

Two Deerfoot Lodge truths: “Everything that arrives new leaves old,” and “A camper will probably wear only what he wants to wear at DL.” We encourage you to have your camper pack himself. He will then know exactly what he has, where he put it, and why he brought it along. Be sure that everything is marked with your camper’s name—a black laundry marker works best. One change of “school clothes” for banquet night and church is sufficient. Layering to provide warmth is very important, and a wool sweater or fleece is essential for Indians/Voyageurs/Guides. Wool/fleece materials provide warmth even when wet and should be included in every camper’s belongings. Cotton, when wet, will not keep anyone warm, and it dries slowly.

An old or inexpensive Bible in easy-to-read-English is best—NLT Bibles are available in the camp store. Sleeping bags should be rated at 30-40 degrees (F). Footwear, especially for hiking, should have good support and be well-broken in before arriving at camp. Indians/Voyageurs/Guides will hike many miles of rough terrain. Good, broken-in hiking boots are a must! Campers may bring specialized sports equipment appropriate to Deerfoot Lodge and these will be kept with the DL equipment, but DL cannot assume responsibility for their safe return. These may include fishing and archery equipment. Campers are encouraged to bring musical instruments if they are able to play during the Sunday morning worship service.

WHAT TO BRING CHECKLIST (mark your full name on everything!)

- Storage trunk (We recommend a 23 gallon locker/plastic tote. A plastic base is very important, as it will may be on the ground (essential for Indians and recommended for all.)
- Bible, pencil or pen, and pad of paper
- Water bottle
- Flashlight and batteries (head lamps are popular)
- Bug repellent. No aerosol containers.
- Laundry bag (with name on the outside). We do not do camper laundry.
- Sleeping bag and pillow
- 2 towels
- 2-3 long-sleeve shirts & plenty of T-shirts
- 2-3 shorts
- 6-12 pairs of socks (2-3 pairs of good hiking socks—not cotton).
Lack of good socks is a major factor that leads to blisters.
- Sweats
- Swim suit and sunscreen
- Underwear
- Long pants (jeans, etc.)
- Windbreaker-type jacket and hooded sweatshirt
- Good rain gear
- Sneakers and hiking shoes with solid soles
- Toilet articles (like comb, toothbrush, biodegradable soap that floats – plain Ivory is the best option)
- Fleece or wool cap and sweater (recommended for all, but essential for Indians, Voyagers, and Guides)

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PO Box 228
Speculator, NY 12164

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