

# CATHOLIC YOUTH ORGANIZATION / CAMP HOWARD

825 NE 20<sup>th</sup> Avenue, Suite 120, Portland, OR 97232 / Phone: 503-231-9484 / Fax: 503-231-9531

Website: [cyocamphoward.org](http://cyocamphoward.org)

## **INFORMATION FOR CYO KAYAK CAMPS - 2009**

### ***Kayak Camp (High School) at Camp Howard***

Session 5: 7/26/2009 - 7/31/2009

Session 7: 8/9/2009 - 8/14/2009

Or

### ***Kayak Specialty Camp at Camp Howard***

Session 4 Kayak Specialty: 7/19/09 - 7/24/2009

Thank you for choosing **CYO Summer Camp**. We look forward to having you with us for **High School Kayak Camp at Camp Howard or the Kayak Specialty Camp**.

Below you will find some helpful information. If you should have additional questions please contact the CYO/Camp Howard office at 503-231-9484, and ask to speak with **Mark Lee, ext. 103**.

[BE SURE TO CHECK THE GENERAL CAMP HOWARD LIST AND ADD ALL ITEMS THAT PERTAIN TO YOUR KAYAK CAMP LIST AS WELL AS ANY ADDITIONAL REQUIRED ITEMS.]

### **Additional forms to submit prior to admittance to the Kayak Camp:**

Parent and participant signed forms:

\_\_\_\_\_ CYO Paddle Club Medical & Fitness form

\_\_\_\_\_ ACA Waiver (Minor-if under 18 at time of signing, or Adult if over 18)

\_\_\_\_\_ CYO Waiver (Participation Agreement)

## **CYO/Camp Howard Equipment List: KAYAK CAMP**

### **What to bring:**

**(This is in addition to the items requested for General Camp.)**

Clothing:

\_\_\_\_\_ 1 pair water shoes

- Sandals must have heel strap

\_\_\_\_\_ 1 pair of camp shoes

\_\_\_\_\_ 2 pairs of heavy wool socks

\_\_\_\_\_ 5 pairs of underwear

\_\_\_\_\_ 1 pair (top and bottom) long underwear (polypropylene, thermax or capilene)

\_\_\_\_\_ 1 extra long underwear shirt

\_\_\_\_\_ 1 warm wool or fleece sweatshirt

\_\_\_\_\_ 1 pair of wool or fleece pants

\_\_\_\_\_ 1 set of rain gear: coated nylon or Gore-tex raincoat and pants

- Rain gear must be waterproof and durable to withstand heavy rains and day-long activity.

\_\_\_\_\_ 2 short sleeved t-shirts (capilene, silk)

\_\_\_\_\_ 2 pairs of shorts (nylon)

\_\_\_\_\_ 1 warm jacket/parka (must pack small)

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- \_\_\_\_\_ 1 wool/fleece hat
- \_\_\_\_\_ 1 pair gloves/mittens
  - Gloves/mittens should be waterproof as well as warm.
- \_\_\_\_\_ 1 swimsuit
- \_\_\_\_\_ 1 baseball cap or sun visor

## Equipment:

- \_\_\_\_\_ Medium size duffel bag or waterproof dry bag
  - Space is limited so please keep this in mind when choosing a bag.
- \_\_\_\_\_ Stuff sacks (Stuff sacks are used for your sleeping bag and organizing your gear.)
- \_\_\_\_\_ Sleeping Bag
  - Sleeping bag must be warm to 25 degrees. Synthetic is preferred over down. Pack sleeping bag in large garbage bag before packing it in the "stuff sack" to keep the bag dry in case of rain. NO COTTON SLEEPING BAGS.
- \_\_\_\_\_ Sleeping Pad ("closed cell" foam or "Thermarest")
- \_\_\_\_\_ 2 water bottles
  - Water bottles (make sure they don't leak) need to hold 1.5-2 quarts each at the minimum.
- \_\_\_\_\_ Flashlight/ Headlamp with extra batteries
- \_\_\_\_\_ Sunglasses 100% UV

## Plastic Bags:

- \_\_\_\_\_ Large, 32+ gallon bags: (to line inside of pack, pack sleeping bag/pad)
- \_\_\_\_\_ Gallon sized zip locks (packing clothing and organizing gear)
- \_\_\_\_\_ Sandwich size zip lock bags (carrying out your toilet paper)
- \_\_\_\_\_ Duct Tape
  - Full rolls of duct tape are not necessary. Wrap duct tape around water bottle several times. This cuts down on weight and makes the duct tape easily accessible.

## Toiletries:

- \_\_\_\_\_ 1-2 bandannas
- \_\_\_\_\_ Toothbrush/small tube of toothpaste
- \_\_\_\_\_ Sunscreen (level 15 or higher)
- \_\_\_\_\_ Chapstick with sunscreen
- \_\_\_\_\_ Insect-repellent (not aerosol)
- \_\_\_\_\_ Dark colored beach or bath towel
- \_\_\_\_\_ Comb
- \_\_\_\_\_ Paperback book
- \_\_\_\_\_ Small journal/pen
- \_\_\_\_\_ Deck of cards
- \_\_\_\_\_ Bible
- \_\_\_\_\_ 1/2 roll toilet paper
- \_\_\_\_\_ Camera/film

## If needed:

- \_\_\_\_\_ Feminine hygiene products & extra sandwich sized zip lock bags for used tampons/pads.
- \_\_\_\_\_ Hair ties/pony tail holders

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## What NOT to bring:

- ANY COTTON WEAR:  
Cotton sweatshirts/sweatpants/jeans/  
Socks (instead bring wool, fleece,  
polypropylene etc. This is for your own  
safety and comfort. Cotton retains zero  
percent of its capacity for warmth if it  
becomes wet and takes an incredibly  
long time to dry. Wool, fleece and other  
synthetics retain approximately 90-95%  
of their capacity for warmth, even when  
wet and many of these materials will dry  
very quickly).
- Radios/walkmans/CD Players/cell  
phones or other electronic devices.

## Important Reminders

- Bring a small overnight bag to keep a  
clean set of clothes, shower items  
and beach/bath towel for when we  
return to base camp on day 8.
- Bags to keep them from getting wet  
in case of rain. Sleeping bags take  
time to dry and your trip will be much  
more pleasurable if your gear remains  
dry.
- Specialty items can be found at: River  
Trails, Next Adventure, GI Joes, REI,  
and the like. (Hint: Shop for wool  
clothing at thrift stores!)