

CYO/CAMP HOWARD
825 NE 20th Ave #320
Portland, OR 97232
(503) 231-9484

CYO/Camp Howard Equipment List: WATER TRIPS

Parent Signed Forms:

_____ Completed Health Form _____ Camper Contract

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)
- _____ 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, please keep this in mind when choosing a bag.
- _____ 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.**
- _____ Stuff sacks (Stuff sacks are used for your sleeping bag and organizing your gear.)
- _____ Sleeping Pad (“closed cell” foam or “Thermarest”)
- _____ 2 water bottles
Water bottles need to hold 1.5-2 quarts each at the minimum. Water bottles should that do not leak.
- _____ 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.

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CYO/Camp Howard Equipment List: WATER TRIPS – Continued

Toiletries:	Optional Items:
_____ 1-2 bandannas	_____ Comb
_____ Toothbrush/small tube of toothpaste	_____ Paperback book
_____ Sunscreen (level 15 or higher)	_____ Small journal/pen
_____ Chapstick with sunscreen	_____ Deck of cards
_____ Insect-repellent (not aerosol)	_____ Bible
_____ Dark colored beach or bath towel	_____ ½ roll toilet paper
	_____ Camera/film

If needed:

- _____ Feminine hygiene products / extra sandwich size zip lock bags for used tampons/pads
- _____ Hair ties/pony tail holders

Items to leave behind: ALL COTTON WEAR: Cotton sweatshirts/sweatpants/jeans/socks
Radios/walkmans/CD Players/cell phones or other electronic devices

Important Reminders:

- You will notice that on many of the clothing items listed, we ask that you do not bring cotton items, but 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.
- Weight and Space are important factors, so follow this list closely and do not bring extra items.
- Do not count the clothes you wear to camp as part of the trip equipment. You will need to 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.
- Remember to line your pack with a garbage sack and to pack all of your gear in plastic 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.
- Gear can be rented/bought from:
River Trails, Next Adventure, GI Joes, REI, and the like
(Hint: Shop for wool clothing at thrift stores!)