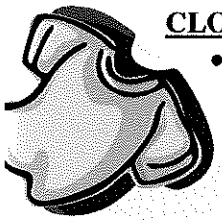
Outpost "To Bring" List

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 (do not pack in suitcase)

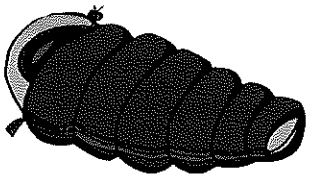


CLOTHING: (camping tip - Enclose everything in plastic/garbage bags with name labels)

- 2 pairs of shorts and 2 T-shirts made of quick drying synthetic material
- 1 pair of synthetic long pants (not denim as it takes too long to dry)
- Rain gear (we will do outdoor activities - even if it rains)
- 1 sweater or fleece jacket (one or the other, please. Both take up too much room)
- 1 pair of sturdy hiking boots
- 1 pair of tennis shoes or other "water shoes" which can get wet
- 2 pairs of socks and underwear, preferably synthetic
- Sleep wear
- Sunglasses
- Swimsuit
- Towel, small (synthetic is best)
- Sun hat/bandanna
- Toiletries - soap/shampoo (biodegradable, if possible), toothpaste, toothbrush

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

- Sleeping bag
- Water bottles!! **(at least two)**
- Bug spray **(no aerosol spray)**
- Sunscreen/lip balm
- Flash light



OPTIONAL EQUIPMENT:

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

PLEASE *LEAVE AT HOME:*

- Pillows (they take up room in canoes)
- Alarm clock
- Candy, gum, sodas, snacks (they attract rodents and bugs. Can also lead to litter in tents & campsites)
- Comic books
- Radios, music/video players, video games, cell phones, iPods, etc. (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 because we have to carry everything we bring for Outpost camp. Your comfort and safety on this trip depend greatly on the clothing and equipment. Pillows, too many clothes, electronic items should be left at base camp. For river canoe Outposts: be prepared to re-pack your gear into waterproof canoe packs before your group departs base camp.