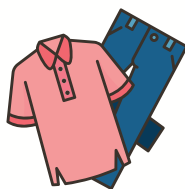


# PACKING LIST - PAGE 1

## SUGGESTED ITEMS FOR ALL CAMPERS

### CLOTHING

- 1 x Camp Chateaugay Sweatshirt
- 2 x Camp Chateaugay T-Shirt
- 10 x T-shirts
- 8 x Pair Shorts
- 4 x Long Sleeve Shirts
- 2 x Pair jeans
- 2 x other pants (cords, sweats, etc.)
- 2 x Pair pajamas or nightgowns
- 1 x Bathrobe
- 4 x Bathing Suits
- 14 x Underwear
- 14 x Pairs of socks
- 2 x Pairs woolen (heavy) socks
- 4 x Sweatshirts and/or sweaters
- 1 x Long Sleeve Rash guard  
(for sailing or windsurfing)



### BEDDING

- 1 x Pillow
- 2 x Pillow cases
- 2 x Fitted Sheets sized for single mattress  
(30" x 76") (some campers find flannel more comfortable)
- 1 x Sleeping bag
- 2 x Heavy blankets (Sleeping bag may substitute for one)
- 1 x Mattress Pad
- 2 x Top sheets sized for single mattress



### SHOES

- 1 x Pair rain footwear
- 2 x Pair sneakers
- 1 x Pair flip flops or sandals
- 1 x Pair Water shoes or Tevas

### SPECIAL DAYS

- 1 x Red & Blue T-shirt or tank top  
(1st session only)
- 1 X Green & Blue T-Shirt or tank top  
(2nd session only)
- 1 X Banquet clothes (smart attire for  
2nd session only)
- 1 X Halloween Costume
- 2 x Silly clothes for camp activities
- 1 x Crazy hat for Carnival Day  
(2nd Session Only)

### COATS

- 1 x Warm jacket
- 1 x Lightjacket
- 1 x Polar Fleece Hooded jacket
- 1 x Raincoat / Poncho with a hat

### TOILETRIES

- 1 x Pump Soap
- 1 x Toothbrush and holder
- 1 x Shampoo & Conditioner
- 1 x Toothpaste
- 1 x Stationary supplies
- 1 x Deodorant
- 1 x Face Wash

**\*\* Please label all items  
brought to camp per children**

# PACKING LIST - PAGE 2

## SUGGESTED & OPTIONAL ITEMS

### OTHER ITEMS

- 1 x Pair Swim Goggles
- 1 x Hat or cap
- 1 x Bandana
- 2 x Laundry bags
- 1 x Shoe-bag
- 1 x Water bottle
- 1 x Flashlight w/ extra batteries or Headlamp
- 1 x Sunglasses
- 1 x Plastic drinking cup
- 1 x Insect repellent
- 1 x Comb and brush
- 1 x Sun block and/or sunscreen
- 3 x Large bath towels or Beach towels

### HORSEBACK RIDING

- 1 x Riding helmet (Must be certified by the Safet Equipment Institute - SEI, and meet the ASTM Standard Fl 163)
- 1 x Boots designed for riding with a one inch heel (Paddock boots are suggested).
- 1 x "Body Armor" (suggested but not required for jumping in the ring, BUT It is required for use on the new cross-country jumping course which is for advanced riders only).

**\*\* Please label all items brought to camp by your campers**

### OPTIONAL

- 1 x Hiking Boots
- 1 x Gymnastic Leotard
- 1 x Tennis Racquet
- 1 x Baseball Glove
- 1 x Athletic Cup
- 1 x Shin Guards (available at camp)
- 1 x Lacrosse Stick and Helmet
- 1 x Crazy Creek Chair
- 1 x Camera
- 1 x Social Roller Blades
- 1 x Full pads and helmet
- 1 x Musical Instruments:  
(Areas for safe storage for your instruments are provided)
- Favorite sheet music (to perform at the Talent Show or just play when time permits)

If you would like to see a catalog of Camp Chateaugay Items & T-shirts visit our website [www.chateaugay.com](http://www.chateaugay.com) then click on the link to Camp Swag



# WILDERNESS INFORMATION

"Wilderness is a group of people living and working together, sharing good times and bad times. Wilderness is what you make it to be."

## BIKE TRIP



The bicycle tour has traditionally been the first of the three trips. The trip ranges from 100 - 250 miles in 5 days. Past trips have toured the St. Lawrence Seaway, Stowe, VT, Lake Placid and Lake Champlain. Wilderness campers provide their own bikes and are permitted to use them throughout the entire summer.



## HIKING TRIP



The backpacking trip takes place either in the High Peaks region of the Adirondack Park or in Vermont's Green Mountains. Once again, campers plan their trip including routes to hike, meals and selecting campsites. Wilderness campers are encouraged to bring a frame pack, hiking boots and sleeping gear (a sleeping bag and ground pad) suitable for the challenging conditions hiking provides.



## CANOE TRIP



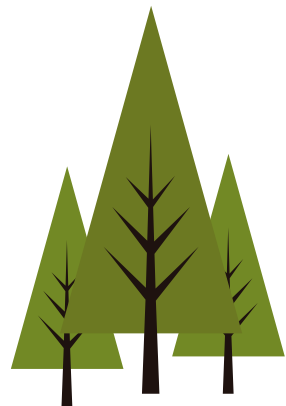
The canoe trip offers a variety of courses through Maine's rustic and beautiful Mooselookmeguntic Lake. The trip involves paddling 40 - 80 miles including portaging canoes between waterways. All Wilderness campers receive canoe safety instruction, testing and skills prior to their actual trip.



# PACKING LIST - WILDERNESS CAMPERS

- 2 x Wool Hiking Socks
- 1 x Hiking Boots: Low-rise or Mid-Height
- 2 x Waterproof jacket and pants (ponchos are not appropriate)
- 2 x Polyester Shirt (helps wick sweat away; dries quickly)
- 2 x Bike Shorts
- 1 x Water shoes (Chaco's or Teva's- better than flip flops)
- 1 x Fleece Jacket

**\*\* Please label all items brought to camp by your campers**



# PACKING LIST - WILDERNESS

## BEDDING & OTHER ITEMS

- 1 x Head Lamp (allows hands free) or good flashlight (with extra batteries)
- 1 x Canteen or Water Bottle with Camelback for water that also attaches to your bike or hydration pack.
- 1 x Headgear for sun protection on hikes (ex: baseball caps, head wraps, sun visors)
- 1 Fiber-filled down sleeping bag with stuff sack (20-35 degree rating)
- 1 x Ground Pad (Therma-rest, closed-cell foam is a practical choice & doesn't leak)
- 1 x Road Bike or Hybrid Bike (Not a mountain bike, rental available. see mailed wilderness info)
- 1 x Bicycle Helmet (required to be worn at all times while riding bike, on or off camp grounds)
- 1 x Mess Kit (should include plate, bowl & eating utensils)
- 1 x Pack Towel
- 1 x Frame Backpack (3400+ cu) (large enough for a 5 day trip.)



## SUGGESTIONS

- Break in your hiking boots before you get to camp, to help stop any blister while on the hike trip.
- Because much time is spent out of camp on trips extra spending money will be necessary. We suggest you add an extra \$50 onto your campers account.