



WABUN CLOTHING and EQUIPMENT LIST for GIRLS

Experience has shown that new campers invariably bring more clothing than is needed. Veteran campers learn that it is best to travel to Wabun with everything packed in a regular duffle bag and a small suitcase or backpack. All items should be sturdy enough to withstand the hard wear of canoe tripping, but “top-of-the-line” gear isn’t always necessary. We recommend brightly colored clothing (bugs are less attracted to it, and it is easier to spot when packing) and Wabun’s favorite color is red! Wabun has a “Tuck Shop,” that carries many items, and is available to campers before the trips begin and in between trips. This list should be pared down for the three-week sessions. Remember to label everything.

- * *Items may be purchased at Wabun’s Tuck Shop*
- ** *Wabun strongly suggests purchasing at the Tuck Shop*

ESSENTIAL ITEMS - CLOTHING

- 3* Wabun T-shirts or equivalent – preferably light colors (black flies and mosquitoes really love navy blue and purple!) No inappropriate, vulgar, or profane logos or statements (including cigarettes/alcohol advertisements), please.
- 3 Long-sleeved shirts (2 blend & 1 light-weight button front style)
- 1 Light-weight wool or wool-blend sweater
- 1* Wool Mackinaw or fleece. Both the traditional “Wabun red & black” wool mackinaw and the new Wabun zipper-style fleece are available
- 3 Pairs of shorts - 2 light-weight & quick drying with belt loops or drawstring – 1 athletic shorts
- 3 Pairs of long pants - 1 pair for travel (can be jeans) – 2 pairs quick-dry, medium-weight or light-weight blend pants – *sweat pants or windbreaker pants do not qualify*
- 2 Bathing suits
- 2 Sports bras (dark color – to be used as top)
- 6 Pairs of underwear
- 8* Pairs of socks – 4 or 5 pairs wool or wool-blend (SmartWool® type socks are great – Merino wool, nylon, spandex blend) – 2 or 3 pairs athletic. Write camper’s name right over the toe. These socks all look alike making identification difficult.
- 1 Pair strong sturdy tripping shoes – these may be a cross trainer style or a light-weight hiker style, but may not have lug soles – *no heavy boots*.
- 2 Pairs sturdy low sneakers – *not leather*. Many brands are available.
- 1* Baseball hat or other hat with brim
- 1 Set of rain gear – a complete rain suit is the best – a quality pair of pants and jacket of rip-stop nylon or Gor-tex. The vinyl suits aren’t sturdy enough – stitched seams rather than heat-sealed. This is one situation in which “you get what you pay for.”

ESSENTIAL ITEMS - EQUIPMENT

- 1 Coast guard approved life jacket – *one will be issued by Wabun*
- 1 Paddle – *one will be issued by Wabun*
- 1** Tump strap – must be purchased at Wabun (or borrowed from a sibling or parent who attended Wabun)
- 1 Toilet article kit – toothbrush*, toothpaste*, floss, soap* (with plastic container), comb, brush, shampoo (small containers without flip tops), moisturizing lotion, feminine hygiene products (no plastic applicators)
- 3* Bottles/tubes sunscreen (at least SPF 30 - 45)

- 3* Bottles/tubes insect repellent (not aerosol cans) – Deep Woods Off works well – bug lotions or bug/sun lotion combos aren't as effective
- 2 Towels (1 terry and 1 camp dry for trips)
- 2 Bandannas*
- 1 Liter water bottle*
- 1 Pair sunglasses (UV protection) and a safety strap. The glare of the water can be very strong. If eyeglasses are worn, be sure they are sturdy and have plastic lenses – send an extra pair as well as a safety strap, clip on sunglasses, and a sturdy case. If contacts are worn, send enough for the whole length of your stay at Wabun.
- 1 Flashlight* (small size) with extra batteries and bulb – *headlamps are excellent*
- 1 Medium weight, low-loft sleeping bag – *no down fill* – bags should not be too wide, 3 lbs of fill is adequate – should be easily compressible. The bag should be rated for 25°F (-4°C) – while it does not get this cold, this ensures warmth.
- 1** 5' x 8' waterproof ground sheet
- 1** 36" x 22" (when flat) duffel bag with end opening and waterproof throat (no zippers). On a Wabun trip, a camper's personal gear is packed in a duffel bag. Two duffel bags are strapped together with a tump strap, creating a compact load for carrying purposes. It is important that the bags are similar in size. For this reason, it is strongly suggested that the bag be purchased from Wabun.
- **Medication** – If the camper uses any medication, it is *imperative* that there is a supply that will last for the whole length of stay at Wabun. *Camp is not a place to start or stop any meds.* Continue with regular prescriptions. Campers will be asked to give all meds or food supplements to their staff for safe handling throughout the summer.

OPTIONAL ITEMS

- Digital/film camera – extra memory/film and batteries – disposable cameras* work well. If purchasing a digital camera, our suggestion is that it takes AA or AAA batteries, as it is difficult to recharge dedicated camera batteries at Wabun.
- Fishing Gear* –
 - inexpensive open-face spinning reel and spinning rod
 - extra 12 lb monofilament line
 - assorted baits/lures: Pike Minnow, River Runt, Flat Fish, Dare Devil, assorted plugs and spoons, 12 swivels (important for spinning reel trolling)
 - six 6" wire leaders with swivels, 12 #31 hooks, 3 minnow hooks, assorted sinkers
 - 1 small clear plastic tackle box.
- Paperback books, journal, playing cards, travel-size chess set, checkers, cribbage board, etc.
- Stationery* and pens* and small journal* (do not send US postage stamps)
- Small day pack with padded straps (school bookbag size)
- Pillow case
- 1 Pair of athletic sandals, flip-flops, crocks, or beach shoes for use at base camp. Texas or sandals may be used at base camp, but will not be permitted on canoe trips. Cut or stubbed toes happen too easily in sandals.
- 1 Pair river booties (especially useful for long trips)
- ThermaRest pad (3/4 length are ideal in terms of packability)
- Camp chair
- 1 Lock-blade, folding knife – sheath knives may only be used by 'long-trips'
- Small scrub brush for laundry
- Wool or fleece cap and gloves
- 1 Set long underwear (essential for the long trips)– polypropylene works well
- 1 55 liter Seal-line dry bag to be used inside a duffel bag
- Travel home clothes (clean set to be saved for trip home)

A great source for purchasing clothing and equipment for a Wabun summer is Cabelas®. Their web address is www.cabelas.com (visit the Web Bargain Cave!) and their phone number is 1-800-237-4444.

