

## **Ondessonk Adventure Camp General Packing List**

*Thank you for choosing Ondessonk Adventure Camp this summer! Please read carefully and completely and call Camp if you have questions. All adventure camps, regardless of their chosen program, will be spending at least one or two nights tent camping either off-site or on-site. Non-horse programs stay at the unit of Ahatsistari while on-site which includes a tent platform, fire pit, benches, picnic table, outhouse, storage shed, and nearby water spigot. When off-site, they will be camping in campgrounds with similar amenities, or at primitive sites in the backcountry with limited facilities. Horse programs will be staying in the loft of the Stables while on-site, and tent/tarp camping while off-site. Regardless of program choice, campers will get dirty, sweaty, muddy, wet, hot, cold, and stinky; but that's all part of the adventure!*

**Clothing:** Prepare for the possibility of multiple changes of clothes per day, especially if it's rainy. Campers do not have to bring all their clothes with them when on the trail or off-site; only enough for the time they will be out. Extra clothes may be packed in a separate duffel and stored safely in the shed at Ahatsistari.

Daily and extra changes of shirt, shorts, socks, and undies. You can't pack too many.

Quick-dry shirts: usually polyester or polypropylene. Cotton T's are ok but don't dry easily.

Light waterproof but breathable rain jacket with ventilation. Rain pants and hat are also handy.

\*Umbrellas, plastic rain ponchos, and heavy rubber or canvas ponchos are not advised.

Footwear:      1) Sturdy and comfortable close-toed shoes specific to your program (see below),  
                     2) Extra pair to keep dry and clean back at Camp  
                     3) Sport sandals with heel to wear when appropriate  
                     4) Flip-flops for the shower house

Quick-dry, wool, or wool blend socks. Two pairs/day when on trail. Cotton socks do not dry quickly.

Long-sleeve shirts, jacket, hoodie, fleece, or sweat shirts for chilly days and evenings.

Long pants or jeans are required for certain activities and good for chilly evenings.

Swim suit: 1 for on-trail swimming and 1 for daily General Swim and showers. (NO 2-PIECES)

**Toiletries:** *The Travel/Trial section of drug stores have miniature products perfect for light-weight camping.*

Tooth paste and tooth brush (In a Ziploc bag to keep clean.)

Shampoo, soap, body wash, deodorant (Highly fragrant products tend to attract more bugs.)

Extra towels (We usually drip dry on the trail, but a small, quick-dry shammy is also good to have.)

Baby wipes and small personal trash bag

Do NOT bring make-up, cologne/perfume, hair products, hair dryers/curlers, beauty products, etc.

**Gear:** *Items marked with an (\*) can be provided by Camp. Call ahead please.*

\*Sleeping bag rated to 50 degrees F or lower\* (Synthetic-fill dries faster than down-filled.)

\*Sleeping pad or foam bed roll

\*40-50 Liter (2400-3000 cubic inches) or larger backpack or duffel big enough for most of your clothes

\*Two 1-Liter water bottles

\*Spoon and fork (Or "Sporks". "Light My Fire" brand is a good, inexpensive one.)

Extra duffel bag to store extra clothes back at Camp while off-site overnight

Bowl with lid (Ziploc or Gladware containers work great.)

Small pillow, synthetic or foam, no down (Extra clothes in a pillow case work great too!)

Headlamp or flashlight and extra batteries

Small day pack for short hikes and excursions

**Other Incidentals:** *Items marked with an (\*) can be provided by Camp.*

\*Bug spray (Do NOT spray clothing, gear, or bedding. Spray only works when it contacts your skin.)

\*Sunscreen - This is something EVERYONE should be sure to bring to all programs!

\*Trash bags for wet clothes or to keep clothes dry. (Tip: Line pack with trash bag before packing.)

\*Bandanas (These have 1001 uses.)

Extra Gallon Ziploc bags for packing out trash or keeping things waterproof, etc.

### **Optional but Useful Things to Bring:**

\*Tent or tarp (4-person or less. Anything larger is cumbersome and heavy to carry.)

Extra blanket for chillier nights

Wrist watch (waterproof)

Camera (NOT a phone)

Sunglasses

Journal/notepad and pen and a good book for curling up with in the woods

Post cards, stationary, and stamps for writing home

Compass

Binoculars

Camel-Bak or other hydration bladder

Hammock (Not good if it rains, but good to have in addition to a tent for napping and clear nights.)

Small camp mirror

Extra P-cord or rope to set up tents, tarps, or hammocks

Crazy Creek camp chair (Available in our Trading Post!)

Biodegradable soap

### **What NOT to Bring:**

Cell phone, video games, iPads/tablets, radios, GPS or any other electronic devices

Food, candy, snacks, drinks of ANY kind (They attract animals and are available in the Trading Post.)

Bug netting is only designed for bunks and will not work in a tent, hammock, or sleeping on the ground.

Firearms, matches, lighters, fireworks, or any other illegal substance

Absolutely no tobacco, drugs, alcohol, threats of violence, bullying, or graffiti will be tolerated.

### **Outdoor Gear Stores:**

REI (Recreation Equipment, Inc.): St. Louis, Indianapolis, Chicago (4 stores)

Gander Mountain: O'Fallon, Marion, Springfield, Champaign, Peoria, Joliet, and Geneva, Illinois;  
Fenton and Chesterfield, Missouri; Davenport, IA; Paducah, Kentucky

Indianapolis (4 stores), Terra Haute, Lafayette, and Evansville, IN

Dick's Sporting Goods: St. Louis, Missouri; Chicago (5 stores), Carbondale, Springfield, Bloomington, Peoria, and  
Moline, Illinois; Indianapolis (5 stores) and Evansville, Indiana; and Paducah, KY

Bass Pro Shops: St. Charles, Columbia, Springfield, and Branson, Missouri; Portage and Clarksville,  
Indiana; East Peoria, Gurnee, and Bolingbrook, IL

The Alpine Store: Kirkwood, Chesterfield, and Columbia, Missouri; O'Fallon, Illinois

The Bike Surgeon: Shiloh and Carbondale, Illinois

Shawnee Trails Wilderness Outfitters: Carbondale, Illinois

Hooper's Outdoor Center: Paducah, Kentucky

### **Discount Gear Websites:**

steepandcheap.com

theclymb.com

campmor.com

backcountry.com

camp saver.com

rei.com/outlet

sieraatradingpost.com

**ADVENTURE CAMP PROGRAM SPECIFIC GEAR:** *All adventure campers regardless of program should refer to the entire above list as well as their specific program list below:*

**Horse Camp or Horse Adventure:** These programs will stay in the loft of the Stables while on-site and tent/tarp camping off-site.

Necessary:

Extra pairs of long pants for riding  
Sturdy pair of close-toed shoes with a heel

Optional:

Riding boots

**Hike, Bike, Paddle, and Climb:** This program will be tent camping every night of the week either on-site or off-site at Forest Service campground. \*All biking, paddling, and climbing gear provided

Necessary:

\*Day pack big enough for all you will need for the day  
Sturdy hiking boots above the ankle  
Shoes or sandals that can get wet while paddling  
Close-toed, low-ankle shoes for climbing

Optional:

Hiking stick or trekking poles  
Leg gaiters (protect from mud and water)  
Climbing shoes

**Shawnee Backpacking and Zip Line:** This program will be tent camping every night of the week including a 2 or 3-night backpacking trip in the Shawnee National Forest.

Necessary:

\*40-50 Liter (2400-3000 cubic inches) or larger backpack  
Sturdy hiking boots above the ankle; waterproof preferred

Optional:

Hiking stick or trekking poles  
Leg gaiters (protect from mud and water)

**Climbing:** This program will be tent camping every night of the week both on-site and at other places in Southern Illinois. \*All climbing gear provided by Camp or Vertical Voyages. All personal climbing gear must be inspected by staff.

Necessary:

Close-toed, low-ankle shoes for climbing

Optional:

Personal climbing shoes, harness, or helmet

**Mountain Biking:** This program tent camps every night of the week both on-site and at other sites in Southern Illinois.

\*All bikes, helmets, and other gear provided by the Bike Surgeon.

Necessary:

Small pack to wear while riding  
Close-toed, low-ankle shoes for riding

Optional:

Personal mountain bike or helmet  
Personal riding clothes or shoes

**Camper vs. Wild:** This program will be tent camping every night of the week at one of our remote overnight spots on-site.

Necessary:

\*40-50 Liter (2400-3000 cubic inches) or larger backpack  
Sturdy hiking boots above the ankle

Optional:

Hiking stick or trekking poles  
Leg gaiters (protect from mud and water)

**\*\*\*NOTES ON TRAVEL CAMPS:** *The following three programs travel off-site for most of their week of Camp. Electronics such as phones, tablets, music players, etc. will be allowed on the bus while en route to our destinations, but will ultimately be left in the vehicle during the duration of the program week. Please keep this in mind when sending your child with expensive electronic devices. Snacks and meals will be provided on the road, but campers should bring some spending cash. It will be kept locked in the vehicle all week.*

**River:** This program will be tent camping while on-site as well as 3 or 4 nights on the river in Missouri.

Necessary:

Sport sandals, water shoes, or old sneakers that can get wet  
Large, broad-brimmed hat

Optional:

Camp chair (Sold in our Trading Post!)  
\*Waterproof drybag

**Smoky Mountain:** This program will be tent camping every night of the week, both at Camp and while off site; so the above general packing list is still relevant. They will be car camping or backpacking while in North Carolina. See the NOC packing list for specific things to bring for whitewater rafting and ziplining.

**Surfing:** This program will be tent camping on the way to South Carolina, throughout the week in the Francis Marion National Forest, and at Camp on Friday night. \*All surfing and paddling gear provided by outfitters

Necessary:

Extra swim suits (NO 2-PIECES)  
Extra towels, large beach towel  
Sport sandals, water shoes, or old sneakers

Optional:

Small beach or camp chair (Sold in our Trading Post!)  
Board shorts (long swim trunks that avoid board rash)  
Beach umbrella

**Kentucky Equine Excursion:** This program will be tent camping both on-site and while at the Kentucky Horse Park. They will be riding at Camp on Monday. See above items for Horse Camp/Adventure.