

Ondessonk (Non-Horse) 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 adventure 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. 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 synthetic shirts, underwear, and sports bras: ideally polyester or polypropylene. (Cotton **doesn'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 sweatshirts for chilly days and evenings.

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

1 Swim suit for on-trail swims and 1 for in Camp and showers. (ONLY MODEST, ONE-PIECE SUITS; NO TWO-PIECE)

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, not down (Extra clothes in a pillowcase 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 on your skin and damages other materials.)

*Sunscreen - This is something EVERYONE must 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. 3-person is the ideal size.)
Extra lightweight blanket for chillier nights
Wrist watch (waterproof)
Camera (NOT a phone...**see below**)
Sunglasses
*Journal/notepad, pen (strongly recommended as we will have time set aside most days for journaling)
A good book for curling up with in the woods
Post cards, stationary, and stamps for writing home (Post Cards and stamps available in the Trading Post)
*Compass
Binoculars
CamelBak or other hydration bladder
Hammock (Not good if it rains, but can be fun to have in addition to a tent for napping and clear nights.)
Extra P-cord, webbing, or rope to set up tents, tarps, or hammocks (especially if you bug net your hammock)
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 communication/entertainment devices
Food, candy, snacks, drinks of ANY kind (They attract animals and are available in the Trading Post.)
Firearms, matches, lighters, fireworks, or any other illegal substance
Bug netting is mainly designed for bunks. Some are designed for hammocks but can be expensive. Tents are best.
*No tolerance for tobacco, vapes, drugs, alcohol, threats of violence, bullying, or graffiti. **One strike, you're out.***

Outdoor Gear Stores:

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

Gander Outdoors: Marion, Springfield, Peoria, IL; Columbia, Missouri; Greenfield, IN

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

Bass Pro Shops:

St. Charles, Columbia, Springfield, & Branson, MO; Portage & Clarksville, IN; East Peoria, Gurnee, and Bolingbrook, IL

Cabela's: Hazelwood, MO; Hoffmann Estates, IL, Hammond and Noblesville, IN; Louisville and Bowling Green, KY

The Alpine Shop: Kirkwood, Chesterfield, and Columbia, Missouri

The Bike Surgeon: O'Fallon, 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 (non-Horse) PROGRAM SPECIFIC GEAR: All adventure campers regardless of program should refer to the above list as well as their specific program listed below. Items marked with an (*) can be provided by Camp. Call ahead.

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 shoes/boots with ankle support
Shoes or sandals with heel straps 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, helmet, or harness

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, broken-in, ankle-high hiking boots; 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. Camp Staff must inspect any personal climbing gear.

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 and off-site. *Bikes and helmets provided.

Necessary:

Small (5-20 Liters) pack to wear while riding
Close-toed, low-ankle shoes for riding

Optional:

Personal mountain bike or helmet (encouraged)
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, broken-in, ankle-high hiking boots; waterproof preferred

Optional:

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

***NOTES ON TRIP & TRAVEL CAMPS: The following programs travel off-site for most of the week. As with on-site and traditional programs, electronics such as phones, tablets, music players, etc. will not be allowed. Communication goes through the Camp Office to the Adventure Staff while off site. Bunk 1 photos of off-site trips will be at a minimum. Bunk Notes can be relayed by the Office to Adventure Staff electronically for camper to read, but there will be no way for them to reply. Barter Bucks can only be spent at Camp on Sunday/Friday/Saturday. Snacks and meals will be provided on the road, but campers should bring some spending cash for incidental purchases. Valuables/money will be kept locked in the vehicle all week.

Mammoth: This program will be tent camping while on-site as well as 3 or 4 nights both front and backcountry in Kentucky.

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 (~40 Liters)

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.

Necessary:

Swimsuit (ONLY MODEST ONE-PIECE; NO TWO-PIECE)
Water shoes or sandals with a heel strap
Board shorts or nylon shorts for rafting; Long pants or long-ish shorts for ziplining

Optional:

Sunglasses with a strap

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

Necessary:

Two swimsuits (ONLY MODEST ONE-PIECE; NO TWO-PIECE)
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