

“Life on the Edge” camp checklist

What to bring and wear –please put your gear in a small soft-sided duffel bag or backpack with everything packed in zip locks and labeled with day and time (example – Friday PM change of clothes, Friday night, Saturday morning, Saturday change of clothes)

Wear these things for FRIDAY (kayak trip)

Head

- Ball cap
- Sun glasses

Upper Body

- T-shirt or long –sleeved shirt depending on weather (a fabric with as little cotton as possible)
- wool/poly fleece jacket or sweater (not a cotton sweatshirt)
- raincoat or windbreaker

Lower body (avoid cotton if possible –jeans will get wet and cold)

- nylon or other “quick dry” fabric pants or shorts

Feet

- comfortable shoes that you can wade in the water with (sandals are fine)

Bring these things: **Most of our gear will be stored under the seats of the van, so small soft-sided bags are the best

For Friday afternoon:

- full change of clothes in a Ziploc bag (we will have these out on the seats Friday AM)

For Friday night:

- long pants
- long-sleeve shirt
- warm knit hat (not cotton)
- wool/poly fleece pullover or sweater (not a cotton sweatshirt)
- gloves and scarf (weather depending)
- comfortable dry shoes (sneakers or hiking boots)
- socks

What to bring *for Saturday* (wading in the coastal bay) -

- ball cap or visor
- sunglasses (optional)
- T-shirt or long sleeved shirt depending on weather forecast (a fabric with as little cotton as possible, could be 50/50 blend)
- nylon or other “quick dry” fabric shorts or pants
- comfortable shoes – for wading in the bay, sandals are fine (same as Friday’s)

Also bring:

- warm jacket - not a cotton hoody sweatshirt
- plastic bag for wet clothes
- rain/windbreaker pants (if you have them)

- ___ pajamas or sweatpants for sleeping in
- ___ flashlight (check to be sure it works before you come on the trip)
- ___ water bottle (refillable, approximately 1 liter sized)
- ___ sunscreen
- ___ insect repellent
- ___ chapstick
- ___ personal toiletries in a Ziploc bag labeled with camper's name
- ___ medications (if needed - please let me know in writing before the trip)
- ___ extra socks
- ___ bug spray
- ___ sunscreen
- ___ towel
- ___ sleeping bag and pillow (can be wrapped in a garbage bag)
- ___ sleeping pad (optional)
- ___ lunch for Friday (bring a "trash free" lunch if you can)

What you DON'T need to bring:

- Tents (are provided for you)
- Extra food – dinner and snacks Friday, Saturday breakfast, lunch, and snack will be provided
- Knives of any kind
- **Please *do not* bring any electronics - Take the "Unplug Challenge"**

Anybody wondering.....

Why Not Cotton clothes?

Once wet, cotton clothes tend to stay wet. Wet cotton clothes will not insulate and do their job of keeping the person wearing them warm. So jeans and cotton sweat shirts will not make great camp wear. The weather on Assateague is often quite different from the weather at home. It is almost always windy and damp - and it will be chilly, especially at night. Campers will, of course, be much happier if they are comfortable and warm. Here are some other fibers to consider -

1. Wool - derives its insulating quality from the elastic, three-dimensional wavy crimp in the fiber that traps air between fibers. Depending on the texture and thickness of the fabric, as much as 60-80% of wool cloth can be air. Wool can absorb a fair amount of moisture without imparting a damp feeling because the water "disappears" into the fiber spaces. Even with water in the fabric wool still retains dead air space and will still insulate you.

2. Poly Fleece fabrics - synthetic material often made of a plastic (polyester, polyolefin, polypropylene, etc.). This material has a similar insulative capacity as wool. Its advantages are that it holds less water (than wool) and dries more quickly. Poly fleece is manufactured in a variety of different weights (thicknesses) offering different amounts of loft and insulation. This allows for numerous layering possibilities. The disadvantage of most fleece fabric is that it has very poor wind resistance and hence a wind shell (raincoat or windbreaker) on top is almost always required.