

Welcome to Winter Adventures Mini-camp 2022--January 15 (10am-6:30pm)! Please go over the packing checklist (below) with your camper so that s/he will be fully prepared for camp – this will be especially important this time of year with our wacky changeable weather. Speaking of wacky weather, layers are ideal so campers can add or subtract layers to adjust to indoor or outdoor activities, warm outdoor temperatures or cold.

Please be sure that your camper is dressed appropriately for the weather and has extra clothes packed. In the event of severe weather, a decision will be made Friday, January 14 by 12:30. Updates will be posted on the Calvert Nature Society website and will be emailed to those registered.

When you arrive at Flag Ponds Nature Park for camp, let the folks at the front gate know that you are there for camp and then proceed to the education building (that's the larger of the two buildings by the parking lot). You can park and walk your camper to the doors of the education building for check-in. We will be running check-in out in front of the building to minimize the number of people we have inside. Once you and your camper have completed the health screening and check-in, our staff will walk your camper inside and get them started on their day.

COVID is, of course, very much with us still. Please help our staff keep everyone as safe as possible. We will be organizing activities to avoid sharing and allow for as much distancing as possible. Everyone one must wear a mask while inside and will be asked to do a health screening at check-in.

Please [download and complete the waiver](#) prior to camp and bring a signed copy with you to camp.

[Please read our full policy statement and waiver.](#)

Wondering what we'll be doing at camp? Here's a smattering of our activities:

Hiking, playing games, working on a variety of "survival skills" like shelter building and making fires ...not to mention, making our own dinner over a campfire-including s'mores for dessert. It promises to be an adventure!

Don't forget to bring lunch and a quick snack (trail mix, granola bars are better than candy). This camp involves a lot of food – late afternoon snack and dinner, cocoa, and s'mores will be provided. *If your camper has any food allergies/issues, it is important to let me know ASAP. If your camper will need any medication during camp, please let me know so I can get you our camp medication forms. Any medication brought to camp will need a signature from the doctor's office.*

Again, please help our camp staff to keep our campers safe and warm on this winter adventure. Campers will be expected to be properly dressed for camp. If you have questions about what to wear or send, please call me at Battle Creek Nature Center at 410-535-5327 or send me an email at tania.gale@calvertcountymd.gov

All this information is also found at Calvert Nature Society website.

I know I'm looking forward to our winter camp adventures – hope you are too!

See you on the 15th!

Sincerely,

Tania Gale

Naturalist

Winter Camp 2022 checklist

What to wear -

Head:

_____ Mask/face covering (must be worn while indoors)

_____ Warm hat – one that covers your ears

_____ Scarf or neck gaiter

Upper Body: wear layers – avoid cotton if possible, see note below

- _____ Long Underwear shirt, turtle neck or other long sleeved shirt (a fabric with as little cotton as possible, could be 50/50 blend)
- _____ Wool/poly fleece or sweater (*not* a cotton sweatshirt)
- _____ Warm, winter coat

Hands:

- _____ Wool/Synthetic gloves or mittens

Lower Body: - avoid cotton if possible (no jeans and no leggings except under other pants - they will get wet and be cold)

- _____ Long Underwear pants (tights/leggings work for this)
- _____ Poly fleece or nylon pants (no jeans or leggings, please)

Feet:

- _____ Wool/synthetic socks (heavy, warm ones or 2 pairs of thinner ones, no cotton)
- _____ Boots – winter boots if they are comfortable to walk in or hiking boots if they are treated with water-repellent spray

Shell Layer: if you've got a layer that isn't water-proof, but will be wind-proof, that's better than nothing

- _____ Waterproof rain jacket - must fit over the other layers
- _____ Rain Pants - nylon or Gore-Tex - must fit over the other layers, snow pants are OK, too

What to bring – in a duffel bag or separate backpack that will stay in the building

- _____ several additional masks (these will be wet from condensation and need to be swapped out over the course of the day)
- _____ 2 pairs extra socks (ideally wool or fleece, not cotton) – we often end up with wet feet, extra socks are crucial
- _____ 2 pairs extra gloves/mittens – same as feet, campers often end up with wet hands, extra gloves are a must
- _____ extra hat
- _____ extra full set of clothes (pants, tops, and underwear)
- _____ extra long johns (top and bottom – if you have them)
- _____ plastic bag for wet clothes
- _____ slippers or slip on shoes for wearing inside the building (We will be leaving boots at the door and the floors inside are cold - bonus points for wacky slippers)
- _____ flashlight or headlamp
- _____ medications (if needed, please fill out a medication form also, contact Tania: tania.gale@calvertcountymd.gov)
- _____ Extra shoes – could be sneakers
- _____ 2 plastic small bags for feet (like bread bags, to put on over dry socks if shoes are soaked)

Day Pack - for carrying gear for Saturday's hikes with the following packed inside:

____ lunch

____ water bottle

____ a small trail snack – like trail mix or granola bar

____ sunscreen

____ chapstick

____ sunglasses

Take the Unplug challenge! Please do not bring any phones, electronic games, or MP3 players.

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. Jeans and cotton sweat shirts will not make great winter camp wear. While we will not be doing extended wilderness hikes, we will be spending a good portion of the camp outside – and it will be chilly. 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 pile is that it has very poor wind resistance and hence a wind shell on top is almost always required.