

Dear Parents and Campers:

Welcome to Winter Adventurers Overnight 2023---January 14-15 (9am-9am)! Please go over the packing checklist 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.

We will be holding camp rain, snow, or shine; warm temperatures or freezing 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 13 by 12:30pm. Updates will be posted on the Calvert Nature Society website and will be emailed to those registered.

This camp will begin on Saturday, January 14 at 9am at the Flag Ponds Education Building. We will have camp all day Saturday and overnight to 9am Sunday, January 15. The park will be open to the public, so 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.

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, and going for a night walk ...not to mention, making our own dinner over a campfire-including s'mores for dessert and spending the night in the park. It promises to be an adventure! Campers will be sleeping in tents in the Education Building – 2 campers/tent.

Don't forget to bring lunch and a quick snack for Saturday. This camp involves a lot of food – late afternoon snack and dinner Saturday, breakfast Sunday, cocoa, and s'mores will be provided. **Please do not send extra food.**

If your camper has any food allergies or other medical 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 that comes to camp will need a signature from your doctor.

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 send me an email at tania.gale@calvertcountymd.gov

All this information is also found at Calvert Nature Society website on the Winter Camp event page.

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

See you on the 14th!

Sincerely,

Tania Gale

Naturalist



"Winter Adventureres 2023" checklist



What to wear -

Head:

- 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)
- Polyester 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

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

- ___ extra socks (ideally wool or fleece, not cotton) – we often end up with wet feet, extra socks are crucial
- ___ extra pair of 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
- ___ pajamas (“bonus points” for fun ‘jammies 😊)
- ___ slippers for wearing inside the building (“bonus points” for wacky slippers)
- ___ flashlight
- ___ personal toiletries (toothbrush, toothpaste...)
- ___ medications (if needed, contact Tania ASAP to get the necessary forms: 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)
- ___ black T-shirt or sweatshirt for decorating with glow paint

Also:

- ___ sleeping bag and pillow
- ___ sleeping pad (optional)



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

- ___ lunch
- ___ water bottle (1 liter or similar)
- ___ a small trail snack – like trail mix or granola bar
- ___ sunscreen
- ___ chapstick
- ___ sunglasses



tents will be provided, we will be sleeping inside

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

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.

