

Dear Parents and Campers –

So glad that you have registered for the October 18 and 19 teen trip to Assateague Island National Seashore (or ASIS). Hard to believe, but we are just weeks away from the trip! I wanted to send the packing list and draft schedule (scroll down) now to give you an idea of what campers will need to have with them in terms of clothing/gear and what we will be doing. We will go over all of this information at our pre-trip meeting on October 3 at Battle Creek Nature Center at 6:30pm.

This is a mandatory meeting for campers and parents both, so please put it on your calendar. The meeting should be about an hour long - giving campers and their families a chance to meet each other and staff - as well as give everyone a chance to ask questions about what is needed for the trip and what we will be doing.

If you have questions before the meeting, please email me at tania.gale@calvertcountymd.gov or call me at Battle Creek Nature Center at 410-535-5327. It is not my goal to require families to purchase expensive outdoor clothing for their still-growing children, so please don't feel that you have to shell out a lot of money for this trip. Often there are inexpensive options that will work just as well. I do want to do everything I/we can do ahead of time though to be sure that campers will be comfortable and safe on this trip, so if you have questions, don't be afraid to ask.

Last but not least, if the camper has any medical issues (physical or mental) that may impact them on this trip, please let me know in writing before the trip - this includes food allergies and medications. Any medications, prescription AND over-the-counter will need to be accompanied by a medical form and will need to be kept in a secure location by staff. Thanks for your help with this.

Thanks again for registering! Looking forward to seeing you all on October 3.

Tania Gale, Naturalist

“Life on the Edge” camp checklist

What to bring and wear –please put your gear in the duffel bag provided 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 (no flip flops or crocs, sport sandals are fine)

Bring these things: Most of our gear will be stored under the seats of the van, in the duffel bag provided

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, waders/boots are provided) -

- 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, no flip flips or crocs, sport sandals are fine (Friday’s wet shoes are fine)

Also bring:

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

Packing list continued...

- ___ sunscreen
- ___ insect repellent
- ___ chapstick
- ___ personal toiletries in a Ziploc bag labeled with camper's name (we will keep these in the van)
- ___ medications (if needed - please let me know in writing before the trip)
- ___ extra socks
- ___ bug spray
- ___ sunscreen
- ___ towel
- ___ sleeping bag (can be wrapped in a garbage bag)
- ___ pillow (will go on the seat with the camper)
- ___ 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.

Draft Schedule for the Life on the Edge Overnight 2019

- 7:00AM Friday Oct 18 Meet at Battle Creek Nature Center
- 11:00AM Arrive at Assateague Island National Seashore campground and set up
- 12:00PM LUNCH *campers bring their own*
- 1:15PM Meet NPS staff at Ferry Landing for Kayak trip
--wading shoes, layers, wind breaker, water bottle
- 3:30PM Kayak trip finishes
- Return to camp sites, change, dinner prep/games
- Cooking dinner/eating dinner
- Night walk
- Campfire and s'mores



Saturday, Oct 19

- 7:15AM Wake up, pack gear, load van
- 8:45AM Breakfast
- 9:45AM Meet NPS staff at Old Ferry Landing for Bay Discovery
- 11:30AM Bay Discovery Program finishes, head to bathrooms to change/prepare for departure
- 12:00PM Lunch and closing circle
- 12:45 Travel home
- 4pm Meet parents at Battle Creek