



FARM & WILDERNESS



PACKING LIST

for

Overnight Camps 2023

Firefly Song | Flying Cloud | Red Spruce Grove |
Saltash Mountain | Tamarack Farm | Timberlake |



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TIP: As you go through this document, if you spot text in [BLUE, it's a link!](#) Links are for examples and where to buy gear, suggested throughout.

HAPPY PACKING!

GETTING READY

TIPS AND REMINDERS

LABEL EVERYTHING!

Label EVERYTHING that you bring to camp this summer with permanent labels like marker, iron-on, sew-in (even socks!)

It is most helpful if you label each item with your camper's full initials or last name so we can better identify items if found. If an item is not labeled and is left behind at camp, we cannot guarantee its return. Any lost items we collect at the end of the summer which do not have labels will be donated to charitable organizations in the weeks after camp.

LAUNDRY

Laundry service during camp for campers goes out about once per week.

Pack enough clothing to last between laundry periods during your time at camp. Also, you may note we mention wool/not cotton items a whole lot, and there's many reasons for this! Not only will it keep you warm even if wet, but wool's also odor resistant and [you can wear wool socks a couple of times between washes!](#)

STORAGE

ALL of your camper's belongings should be stored in one trunk or sturdy tote/container. Please do not bring multiple storage bags or containers. Lean towards hard sided/easily cleaned storage, and see if you've got something to repurpose for this job!

Your name and address should be labeled somewhere on the outside and inside of your storage container. We recommend including a final list of items inside your storage container to help remember what was brought when it comes time to pack up and head home.

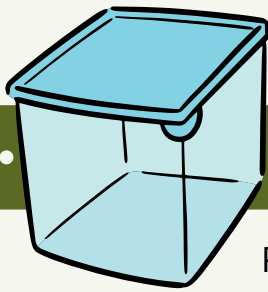
LESS IS MORE IN THE OUTDOORS

In accordance with guidance from the American Camp Association, please limit belongings sent to camp to the essentials.

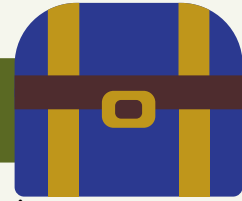
A big part of a camper's summer experience is gaining more independence around managing personal belongings and we recognize this is a learning process. We find that campers have a much more fun-filled time at camp when they are less focused on managing the items they bring with them.

We are an outdoor camp and we like to play in the woods, use tools, climb rocks, swim in lakes and rivers, cook with all kinds of foods, & work with farm animals.

Needless to say, clothes and gear get dirty as well as experience heavy wear during the summer. There is a high likelihood that many of our campers' items don't come back in the same condition they arrived. Therefore, if you are buying items on this list for camp, consider buying used or from an outlet. We strongly suggest that you leave valuable items, which could be lost or damaged, at home.



STORAGE



Please aim to fit everything on this list into **one storage trunk, footlocker, tote or sturdy container.**

Max height of no more than 18 inches.

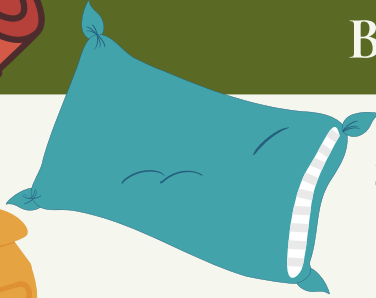
[EXAMPLE 1](#)

[EXAMPLE 2](#)

[EXAMPLE 3](#)

[EXAMPLE 4](#)

BEDDING



**1 PILLOW
2 PILLOW CASES**



**1 OF THE FOLLOWING
BEDDING OPTIONS:**



1. 2 twin fitted sheets, 2 twin flat sheets, & 2 twin blankets
2. 2 twin fitted sheets, 2 twin flat sheets, 1 twin blanket, & 1 sleeping bag
3. 1 sleeping bag & 1 wool or microfleece blanket*

Campers attending Saltash Mountain should choose #2 or #3

Campers attending Flying Cloud and Red Spruce Grove should choose option #3 and also pack 6'x8' ground tarps, more info on page 9



HYGIENE

• Toiletries Kit

- **Toothbrush** - with toothbrush holder or baggie
- **Toothpaste** - enough for entire stay
- **Biodegradable/plant based soap & shampoo** - [EXAMPLES](#)
- **Washcloth, sponge, or natural loofah** (avoid plastic)
- **Deodorant**, as appropriate for your camper
- **Mesh or heavy duty seal-able bag** to store all the above items

• 2 towels

- **Menstrual supplies** - enough for whole summer with a seal-able bag to hold them and keep them dry. For tampons, please consider cardboard/biodegradable applicators, or no applicators if possible

• Sunblock - SPF 30 or higher

- **Medications/vitamins** - enough for the entire stay at camp, must be in original packaging, must be given to the nurse at drop off.

- For wilderness trips, no liquid or gummy medication can be packed out. See more info in Family Handbook.

- **Insect repellent** - NO AEROSOLS. Families may opt to treat clothing with a [Permethrin spray](#) prior to arrival.





CLOTHING



- **1 pair of long underwear, separate top and bottom** - wool or any wicking synthetic material, NOT cotton

- **1 pair of everyday sneakers**



- **1 pair of flip flops** or similar - for showers/swim time



- **10+ pairs of underwear** - based on the number of days your child will be at camp

- **1 pair of hiking/work boots** - broken in and fit well for working and hiking. Can be everyday shoes as well, rather than sneakers listed above



- **2-3 bras** - as appropriate for your child with at least one sports bra

[How to Break in Hiking Boots](#)



- **6-10+ pairs regular/everyday socks** - based on the number of days your child will be at camp

- **1 pair rubber boots** - for in-camp rainy days. Can be optional, but strongly recommended



- **2-4 pairs boot height wool hiking socks** - based on the length of trips your camper will be doing, wool/nylon blend okay, machine washable

- **1-2 bathing suits**



- **4-6 short-sleeved shirts**

- **1 rain gear set** - nylon poncho or raincoat & pants



- **2 long-sleeved shirts**

- **1 brimmed hat** - baseball cap or similar for sun protection



- **2 pairs of long pants**

- **1 warm knit hat** - wool or fleece



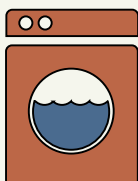
- **4-6 pairs of shorts**

- **1 heavier sweater/jacket** - wool or fleece, NOT cotton

- **1-2 sets of sleepwear** - consider including thick, warm fleece/wool socks



- **2 additional tops for layering** - polypro, wool, or cotton/poly blend



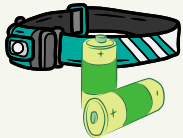
Laundry is sent out weekly, so we suggest ~10 days worth of clothes. Campers will be provided with individual laundry bags

CAMP & CABIN GEAR

ALL PROGRAMS



- **2 sturdy 1-liter water bottles**
 - No glass



- **1 flashlight or headlamp** - with new & spare batteries.
 - A headlamp with a red light setting is a great option



Flying Cloud & Red Spruce Grove campers should not pack flashlights/headlamps.

See page 8 for optional Camp, Cabin & Trips items

See Page 9 for more camp specific information



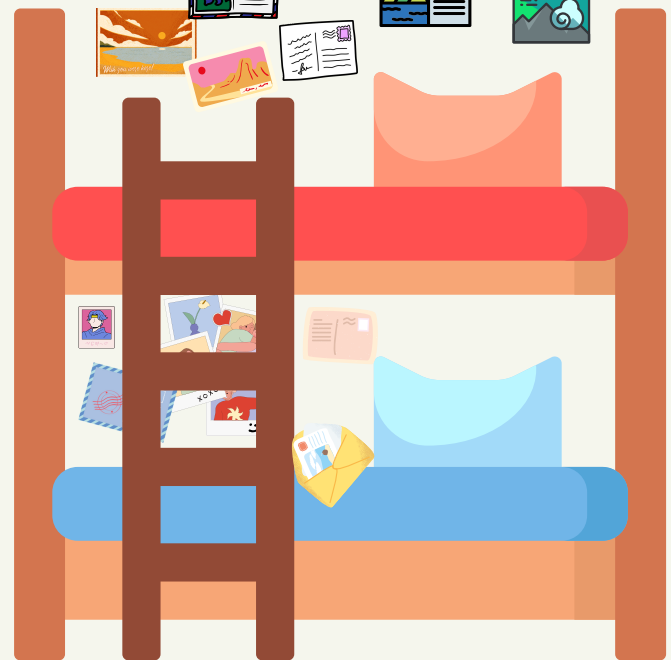
- **Stationary- Envelopes, paper, postcards, writing utensils, stamps**



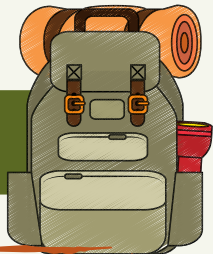
- We suggest peel and stick seal envelopes, or a sealed bag to prevent them from sealing in humidity
- Include your summer/home mailing address so your camper can easily write home, as well as other folks they may like to write to!



Camper Name & Camp
401 Farm & Wilderness Road
Plymouth, VT 05056



WILDERNESS TRIPS GEAR



WILDERNESS TRIPS



- **1 whistle** - on a cord that fits over your head
- **2 bandanas**
- **Eating dishes & utensils** for trail use, aka a "Mess Kit":
 - **1 sturdy reusable cup**
 - **1 8-inch plate or shallow bowl**
 - **1 stainless steel spoon and fork**
 - **Container to hold all dishes and utensils, such as a mesh drawstring bag**
- Optional: 2-3 pairs of liner socks - not cotton, to be worn under wool socks



OPTIONAL

- **1 sleeping bag**
 - Synthetic fill (polarguard, Quallofill, Hollofil, etc.)
 - Nylon shell, no cotton
 - Include compression sack so it can be stuffed into frame pack for trips
 - Summer or 3 season temperature rating (~20-39 degree range)
 - This can be the SAME sleeping bag if you choose to bring one for bedding!
- **1 sleeping pad**
 - Foam preferred, with straps to attach to pack
- **1 frame backpack** - large enough to hold camping gear, ~50-65 liters. Remember: fit is more important than capacity for a frame backpack.
- Be sure all straps and buckles are in working order
- Day packs or book bags are NOT adequate substitutes
- Internal frame recommended



Tamarack Farmers will not be going on overnight wilderness trips, and do not need this gear

See Page 9 for more camp specific information

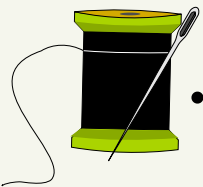


Farm & Wilderness has a supply of frame backpacks, sleeping bags, and sleeping pads available for campers to borrow. Reach out to your camp director for more info!

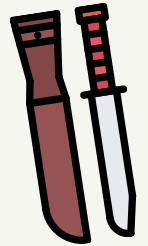


OPTIONAL ITEMS

- **A washable sleeping bag liner** - for hotter nights when you may not want to be in your sleeping bag
- **Inexpensive camera** - battery operated only. Film is best, but if it's a digital camera, no auto-review function/screen.
- **Musical instrument with protective storage case** - inexpensive and able to stand up to the rigors of a rustic environment. We cannot replace the instrument if it is lost or damaged.
- **Camp chair** - small, pack-able chair like a [trail chair or stool](#)
- **Compass** - with lanyard
- **Sketch pad or journal** - with crayons or pencils
- **Leather or canvas work gloves** for work projects
- **Sunglasses** - with a case
- **Books** - limit to a few, we have a library with some popular books available to all campers.
- **Games** - easy, quick, compact board or card games with little to no pieces are best. We also have a few for campers to use.
- **Basic sewing kit** - we may sew, but this item is not critical considering each camp has its own arts and crafts area
- **Stuffed Animal** - as with everything else on this list, best to keep at home if very precious.



- **Mosquito screens and nets** - soft-mesh mosquito netting; this comes in standard sizes and can be tacked and draped around campers bunks as needed.
- **Fixed-blade, sheath knife** - no longer than 4 inches with non-serrated blade
 - We have knives for campers to borrow during lessons & activities
 - Here are two examples:
 - [Mora](#) Companion
 - [Gerber](#)
 - We train and test our staff and campers to use these tools properly
 - Improper use or use without training with result in the temporary suspension of knife privileges until they have been re-tested
 - No multi-blade tools permitted



Note about dress-up items or costumes:
Campers are encouraged to bring a few pieces of fun, optional dress-up items. Some camps may have costume areas to borrow items and wash after each use, while other camps may not. Reach out with questions!

CAMP SPECIFIC

Flying Cloud



Remember for bedding to bring:

- a sleeping bag as described on page 7
- 1 wool or microfleece blanket
- 2 6' x 8' ground tarps, waterproof

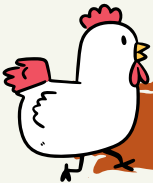
For Clothing, make sure to include:

- 1 pair of long pants made of heavy denim or cotton (Carhartt, Dickies, Dovetail, thick jeans)

Do **not** bring flashlights, watches, or electronics of any kind. Disposable/single use cameras OK.

Instead of flashlights/headlamps, Do bring:

- 6-12 utility candles - [EXAMPLE](#)



Red Spruce Grove

Remember for bedding to bring:

- a sleeping bag as described on page 7
- 1 wool or microfleece blanket
- 2 6'x8' ground tarps, waterproof

For Clothing, make sure to include:

- Lightweight sun shirt & sun hat
- 1 pair of long pants made of heavy denim or cotton (Carhartt, Dickies, Dovetail, thick jeans)
- 2-3 clothing items for mending or altering with sewing/embroidery
- A day pack
- Strongly suggested: a fixed blade, sheath knife, such as the [Mora Companion](#)

Do **not** bring flashlights, watches, or electronics of any kind. Disposable/single use cameras OK.



Saltash Mountain

Remember for bedding to bring either

- 2 twin fitted sheets, 2 twin flat sheets, 1 twin blanket, & 1 sleeping bag
- 1 sleeping bag & 1 wool or microfleece blanket
- While **having your own pack is not required**, if you do decide to invest in one, this guide can help give you an idea of what to look for as you try them out!

[HELPFUL PACK FITTING VIDEO GUIDE](#)

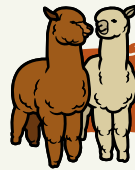


Firefly Song

no additional items/notes

Timberlake

no additional items/notes



Tamarack Farm

- No need to pack wilderness trips gear
- For swimming- a rash guard or swim shirt (either sleeves or sleeveless)
- 1 all black outfit (no graphic tees, please)
- Optional, but helpful:
 - a flannel shirt
 - a watch





DO NOT BRING

- Electronics - *Cameras are OK as long as there is no auto-review screen. Cannot require to be plugged in to charge, especially as our cabins have no electricity! (No electronics at Flying Cloud or Red Spruce Grove)*
- Money
- Food of ANY kind
- Valuable and irreplaceable items
- Hatchets
- Firearms or weapons of ANY kind
- Tobacco, drugs, vape materials - no smoking, drug use, or vaping is permitted on Farm & Wilderness property and is grounds for immediate dismissal
- Knives with blades longer than 4 inches, folding knives, or multi blades like Swiss Army knife or multitools, such as a Leatherman
- Candles, lighters, or matches - we have fire making supplies for when it is needed. *(exception - Flying Cloud candles, see page 9)*
- Breakable or glass bottles
- Aerosol sprays
- Animals: between the Farm and the Wilderness, there's plenty.
 - Stuffed animals very okay to bring!

When in doubt,
reach out & ask us !





WHERE TO GET GEAR

**BLUE = link.
Click on it!**

Buy used, local, & thrifty when you can! It's good for your budget and good for the environment if you need to buy "new" used clothing and gear for camp. Below is a list of suggested retail stores that offer used or consignment items. If you are going to buy new, we suggest investing in gear that your child won't quickly outgrow, such as a backpack or sleeping bag.

If you forgot to pack an essential item when you arrive to camp or if there are camping items on this list which are out of your family's price range, please let your camp director know and make arrangements BEFORE arriving at camp. We have limited supplies of larger, pricier items for campers to borrow, like frame packs or sleeping bags.

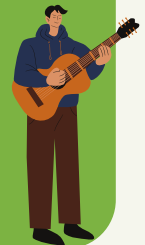
Suggested Used, Trade-in, Outlets, & Consignment Outdoor Gear & Clothing Stores

- [Arc'Teryx Used Gear](#)
- [eBay Camping & Hiking Equipment](#)
- [Eastern Mountain Sports \(EMS\) Outlet](#)
- [Geartrade](#)
- [Goodwill](#)
- [North Face Renewed](#)
- [Outdoor Gear Exchange Consignment](#)
- [OutdoorsGeek](#)
- [Patagonia Worn Wear](#)
- [REI Outlet](#)
- [REI Good & Used Clothing Store](#)
- [Sierra Trading Post](#)
- [ThredUp](#)
- [Tuff Kids Outdoors](#)



Suggested Outdoor Gear Retail Stores or Brands

- [Backcountry](#)
- [Campmor](#)
- [Carhartt](#)
- [Columbia](#)
- [Cotopaxi](#)
- [Dovetail Workwear](#)
- [Darn Tough Socks](#)
- [Eastern Mountain Sports \(EMS\)](#)
- [Granite Gear](#)
- [Liberty Mountain](#)
- [Marmot, Merrell](#)
- [Moosejaw](#)
- [Oboz Footwear](#)
- [Outdoor Gear Exchange](#)
- [REI, Vasque Footwear](#)



Don't Forget to check out the online Farm & Wilderness Store!

CHECK IT OUT!



F&W PACKING CHECKLIST



- **Trunk/Case/Tote for storage**
- **1 Pillow with 2 pillow cases**
- **Bedding- sheets, sleeping bag or combo**
- **Toiletries Kit**
 - **Toothbrush & toothpaste** - with toothbrush holder or baggie
 - **Biodegradable/plant based soap & shampoo**
 - **Washcloth, sponge, or natural loofah**
 - **Deodorant**
 - **Mesh or heavy duty seal-able bag**
- **2 towels**
- **Menstrual supplies**
- **Sunblock** - SPF 30 or higher
- **Medications/vitamins**
- **Insect repellent** - NO AEROSOLS.
- **1 pair of long underwear, separate top and bottom**
- **10+ pairs of underwear**
- **2-3 bras**
- **6-10+ pairs regular/everyday socks**
- **2-4 pairs boot height wool hiking socks**
- **4-6 short-sleeved shirts**
- **2 long-sleeved shirts**
- **2 pairs of long pants**
- **4-6 pairs of shorts**
- **1 heavier sweater/jacket-** wool or fleece,
- **2 additional tops for layering**
- **1 pair of everyday sneakers**
- **1 pair of flip flops** or similar
- **1 pair of hiking/work boots**
- **1 pair rubber boots** - optional
- **1-2 bathing suits**
- **1 rain gear set**
- **1 brimmed hat**
- **1 warm knit hat** - wool or fleece
- **1-2 sets of sleepwear**
- **Stationary-** Envelopes, paper, postcards, writing utensils, stamps
- **2 sturdy 1-liter water bottles**

- **1 flashlight or headlamp**
 - with new & spare batteries.
- **1 whistle** - on a cord
- **2 bandanas**
- **Mess Kit:**
 - **1 sturdy reusable cup**
 - **1 8-inch plate or shallow bowl**
 - **1 stainless steel spoon and fork**
 - **Container to hold all dishes and utensils**

Camp Specific/Optional Items:

...and none of the restricted items!