

Dear Parents and Campers -

So glad that you have registered for the October 16-17 teen trip to Assateague Island National Seashore (or ASIS). Hard to believe, but we are one month away from the trip! I wanted to send the packing list and draft schedule 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 1 at [Battle Creek Cypress Swamp](#) 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 - 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.

If you have questions before the meeting, please email me at galete@co.cal.md.us 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 can 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.

Thanks again for registering! Looking forward to seeing you all on October 1st.

Tania Gale, Naturalist

"Life on the Edge" camp checklist

What to bring – in a *small* soft-sided duffel bag or backpack with everything packed in ziplocks

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

- ☐ warm knit hat (not cotton)
- ☐ extra full set of clothes in one Ziploc bag labeled "extra clothes" (long pants, long sleeved top, socks and underwear)
- ☐ extra sweater or fleece - not a cotton hoody sweatshirt
- ☐ plastic bag for wet clothes
- ☐ rain gear or rain poncho
- ☐ pajamas or sweatpants for sleeping in
- ☐ flashlight
- ☐ 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 pair of shoes – sneakers or hiking boots
- ☐ bug spray
- ☐ sunscreen
- ☐ towel

Also bring these - don't not pack in a hard-sided bag, we'll need to smoosh them under the van seats

___ sleeping bag and pillow

___ sleeping pad (optional)

___ bag lunch for Friday (no lunch boxes, **everything must be disposable, label bag with camper's name**)

tents are provided

What to wear -

Head

___ ball cap or visor

___ sunglasses (optional)

Upper Body: wear layers – avoid cotton if possible, layers will work best

___ T-shirt or long sleeved shirt depending on weather forecast (a fabric with as little cotton as possible, could be 50/50 blend)

___ Wool/poly fleece or sweater (not a cotton sweatshirt)

___ Raincoat/windbreaker

Lower Body: - avoid cotton if possible (jeans will get wet and be cold)

___ Nylon or poly fleece pants

___ Wind/rain Pants – nylon/Gore-Tex – if you've got them

Feet:

___ comfortable shoes – sneakers or hiking shoes - even hiking sandals would be fine

Tents, dinner Friday, breakfast, lunch, and snack Saturday will be provided – please do not send extra snacks

OVERNIGHT NOTE: Pack clothes in Ziploc bags so each change of clothes is easier to find and will stay dryer in the tents.

Take the “Unplug Challenge” - Please *do not* bring any electronics.

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 ASIS trip 2015

7AM Friday Oct 16 Leave from Battle Creek Nature Center

11:00 Arrive at ASIS campground and set up

12 LUNCH campers bring own

1:45 meet NPS staff at Ferry Landing for Kayak trip

Wading shoes, layers, wind breaker, water bottle

4pm trip finishes

4-5 return to camp sites, change, dinner prep/games

Cooking dinner

Night walk

Campfire and smores

Sunrise 7:15am

7:15 Wake up and Pack up

8:45 Breakfast and make PBJ's for lunch

9:45 meet NPS at Old Ferry Landing for Bay Discovery

10-11 Bay Discovery Program

11:15 To bathrooms for changing and prep for departure

12:00 noon Lunch and closing circle

12:30 Travel home

4pm meet parents at Battle Creek