

Equipment Checklist for STAFF

REMINDER: Two Sentinels is at an elevation of 8000 feet.

The weather can be very warm during the day, but cold at night, and temperatures may drop to freezing...rain is likely and snow is possible! Please equip yourself accordingly.

LABEL ABSOLUTELY EVERYTHING with your camp name.
Two Sentinels receives 20 percent of all proceeds when preprinted labels are purchased from www.emilypress.com/twosentinels.

LUGGAGE: *Anything soft-sided YOU can carry to your unit YOURSELF! Do Not Pack in Black Garbage Bags!*

PACKS and SACKS

- day pack
- Meadowlarks only: mesh dunk bag for mess kit
- Optional—Convenient to Have**
 - hip pack—aka fanny pack or lumbar pack
 - laundry bag
 - several one-gallon resealable plastic bags

SLEEPING GEAR

- ground cloth—*durable plastic, minimum size 4 by 6 feet*
- cot and mattress supplied by camp for staff
- sleeping bag—*rated for 20 degrees F or lower*
- Optional—Comfortable to Have**
 - warm blanket
 - pillow
 - 1–2 pillow cases

EATING and DRINKING GEAR

- one-quart (one-liter) plastic water bottle with screw-on lid or canteen
- non-breakable mug/cup
- Meadowlarks only: mess kit—*bowl, cup with handle, fork, spoon*

ESSENTIAL GEAR

- whistle
- 1–2 sources of light—*flashlights/lanterns/headlamps*
- extra batteries and bulbs
- watch—*remember, no cell phones*
- alarm clock—*or watch with alarm*
- staff tie
- staff manual

OPTIONAL GEAR—Good to Have

- 1–2 extra sources of light—*flashlights/lanterns/headlamps*
- clothesline
- clothespins
- laundry soap
- sewing kit/safety pins
- chemical hand/foot warmers
- emergency space blanket
- camera—*remember, no cell phones*
- pencil/pen/permanent marker
- journal
- stationery/postcards—*preaddressed and stamped*
- maps/field guides/books
- fishing gear—*license needed for ages 16 and older*
- white shirt or pillow case to silkscreen—*cotton or 50/50*

No Electronic Devices: phones, ipods, mp3/cd/dvd/game players, e-readers, tablets, etc.
No Food, Candy or Gum

PERSONAL HEALTH—UNSCENTED ONLY, SMALL SIZES

- biodegradable soap
- moisturizing lotion/cream
- toothbrush
- toothpaste

PERSONAL HEALTH—UNSCENTED ONLY, SMALL SIZES

- 2 chap sticks
- shampoo
- conditioner
- comb/brush
- hair ties/bands/pins/barrettes
- nail clipper
- nail file
- contact lens supplies
- spare contact lenses/glasses
- sun screen—*SPF of 30 or above; no aerosol cans*
- insect repellent—*up to 30% deet; no aerosol cans*
- deodorant/antiperspirant
- menstrual supplies—*be prepared for the unexpected*
- small mirror
- tissues
- 1–2 wash cloths
- 1–2 bath towels
- beach towel
- prescription medication—*over-the-counter meds available at camp*

CLOTHING

Head and Face

- hat with brim
- cap for warmth—*fleece or wool*
- 2 or more bandanas
- Optional—Smart to Have**
 - sunglasses—*with UVA/UVB protection*

Upper Body

- 2–5 bras
- 4–6 light-weight short-sleeved shirts
- 4–6 light- and mid-weight long-sleeved shirts
- 2 heavy-weight long-sleeved sweaters or sweatshirts
- warm jacket
- waterproof jacket or poncho—*with hood*
- pair gloves or mittens—*fleece, polyester, or wool*
- Optional—Pleasant to Have**
 - vest or other layering piece

Lower Body

- 10 or more pairs underpants
- 3–5 pairs shorts or capris
- 3–5 pairs pants
- 2 pairs pajamas or sweatpants or long underwear
- swimsuit
- Optional—Nice to Have**
 - pair wind pants
 - pair waterproof pants

Feet

- 10 pairs socks
- 2 pairs hiking socks—*wool*
- 2 pairs sturdy shoes or boots—*with laces*
- pair water shoes—*closed toe, heel and sides*
- Optional—Fine to Have**
 - pair boots for rain/snow/mud