

CENTRAL WISCONSIN ENVIRONMENTAL STATION

2024 PEDAL AND PADDLE CAMPER PACKING LIST



Please bring the items below to have experience a fun and safe Pedal and Paddle 2024 Adventure Trip! Each camper will have limited space within their tent each night, so packing lightly is recommended. Campers should be prepared for extended time outside, except in case of extreme weather. Proper clothing and gear functions as protection against the risk of poison ivy, sunburn, and bug bites. We recommend that all camper clothing and gear be clearly labeled or marked with your camper's name.

1. **Luggage** A large duffel bag or other type of soft-sided baggage works best. Please clearly have your camper's luggage easily identified (ie: tag with name, a ribbon tied to strap).
2. **Cell Phones:** Cell phones will be allowed on this trip for the main purpose of 1) photo taking and 2) brief parent communication. There will be designated "cell phone time", but most times, cell phones will be safely stored away so campers can be fully immersed in the Adventure Trip experience.

Clothing

- 3-4 Pairs of Day Socks
- 1-2 Pairs of Night socks
- 5-6 Underwear
- 1-3 short sleeved shirts
- 3-5 Pairs of shorts
- 1 Long-sleeved shirt
- 1 Sweatshirt or sweater
- 1-2 pairs of hiking pants
- 1-2 Pairs of pajamas
- 1-2 Swimsuits
- 1 Bandana or hat
- 1 light weight jacket (windbreaker or rain)
- Raingear

Shoes

- Close toed tennis shoes (for biking)
- Sturdy, strapped water sandals (no flip flops)
- Shower shoes (also listed under "Must Haves")

Bathroom Items

Campers are guaranteed shower accessibility Sunday evening/Monday morning before CWES departure, and Thursday evening/Friday morning before guardian pick up. No guarantee of shower facilities during the trip.

- 2 Towels. One for bathing one for the beach
- 1-2 Washcloths
- Small containers of body soap, shampoo, conditioner
- Toothbrush and Toothpaste
- Hairbrush and hair ties
- Plastic bags for any wet clothes
- Plastic bag/tote bag to walk to shower house with shower items

Bedding

- Sleeping Bag
- Pillow

Must Haves

- Reusable Water Bottle
- Daypack/Backpack
- Sunglasses
- Sunscreen
- Insect Repellent
- Headlight (preferred) or Flashlight
- Shower Shoes

Cash & Trading Post Money

- While on the Adventure Trip, we will likely be stopping at gas stations for ice and fuel. Campers will be allowed to go into stations for snacks, and we may have time to stop at some other places along the way.
- Trading Post @ CWES (CWES gift shop with CWES swag and nature themed gifts). Adventure Trip campers will have opportunity on last night for Trading Post once we return to CWES.
- **CASH only please!**

Optional Items

- Camera
- Stamps (incase camper wants to send a post card home)
- Favorite stuffed animal and/or photos from home
- Book
- Journal
- Fishing Rod and Tackle (only if you have license)
- Small musical instrument
- Drawing and art supplies
- Earplugs

What CWES will Provide for Campers:

1. Tent
2. Sleeping Pad
3. Bike & Helmet (from rental company)
4. Canoe, Paddle, Dry Bag and Life vest (CWES gear)
5. Food, Water, Trip essentials

Prohibited Items

If CWES staff suspects that a child is in possession of any inappropriate items, the staff will have the authority to search the child's belongings. CWES staff reserves the right to confiscate any inappropriate items and securely store them until the end of camp. If any illegal items are brought to camp, items will be confiscated, and parents/guardians will be notified. The following items are prohibited at CWES

Summer Camp:

- Tobacco, Drugs, Alcohol
- Firearms, Knives, or Weapons of any kind
- Matches/Lighters
- Laser Pointers
- Fireworks
- Squirt Guns
- Expensive Jewelry
- Food, Candy, Gum, Snacks, Soda
- Personal Sports Equipment (Such as Archery Equipment, Baseball Bats, Golf Clubs, etc.)
- Inappropriate or Offensive Clothing
- Electronic Entertainment Devices (Games, Music, etc.)
- Pets/Animals
- Computers/iPads/Tablets/Electronic Book Readers

Medications, vitamins, and supplements:

All over the counter and prescription medications must be in the original bottle, clearly labeled, with the prescription from the **doctor** on the bottle (if applicable) as well as the correct name, date, and instructions. Written instructions must be provided for dispensing the medication. ***Please make sure registration forms (on CampDocs) have all the correct information as well.*** We will not administer medication that are improperly labeled or not prescribed by a physician to that specific camper. Any unused prescriptions will be returned during check-out on departure day. CWES cannot be responsible for medications left behind. Non-prescription medications will be dispensed daily per instructions provided by the parent on the camper's Health History or per camp standing orders when needed for occasional treatment. All medications will be kept locked in the Health Lodge to ensure the safety and privacy of campers while on CWES property, and kept in a locked box while off CWES property. Trained health staff will dispense medications. Asthma inhalers, bee sting kits, insulin injection needs, EpiPens, glucose tablets, and glucagon kits can be kept with the child.

Questions? Concerns?

Please contact CWES Program Manager:

Rachel Loomis

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This document is subject to change. If updated, you will be sent an updated copy via email.