



CAMP KANUGA

Expeditions: Pioneers Packing List Appalachian Expedition & Pisgah Expedition

Both Pioneer Expeditions are designed for early and late Middle School aged students and therefore act as an easy introduction to adventures in God's creation and to the great outdoors. Each expedition lasts 6 days / 5 nights and will include some nights staying on site at Camp Kanuga's Outpost and some nights off site camping out.

The packing list applies to all Pioneer Expeditions. You may wish to make adjustments depending on the activities of your expedition. Notes and recommendations can be found below.

Appalachian Expedition: stand up paddle boarding, zip lining, & kayaking

Pisgah Expedition: zip lining, mountain biking, & inflatable kayaking

Bag:

Pack in *two* bags. Pack in a *medium size duffel bag* all things coming to Camp Kanuga that will stay on site at Camp Kanuga's Outpost while your camper is off site on the expedition. Pack in another bag (either a *60-80 liter backpacking backpack [recommended, but not needed]* or another *medium size duffel bag*) all things coming off site with your camper while on the expedition.

Clothing:

Synthetic and wool clothing are strongly recommended for camping and outdoor activities. Cotton does not hold up well. Wool will keep better and retain warmth. Synthetic clothes will wick away sweat and water. This is especially important at night when temperatures drop.

PACKING CHECKLIST

Clothing - synthetic

- Shirts (6)
- Shorts (4)
- Pants (2)
- Belt with a comfortable fit (1)
- Jacket (1)
- Wool socks (7)
- Sweatshirts (1)



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- Fleece jacket (1)
- Underwear (7)
- Pajamas (1)
- Swimsuits (1) One-piece only
- Raincoat or poncho (1) - be sure that it compacts down

Footwear

- Tennis shoes/sneakers (1 pair)
- Sturdy/hiking shoes (1 pair) *optional*
- Sandals that can get wet and have an ankle strap (1 pair)

Toiletries

- Gallon size zip lock bag to carry all toiletries
- Toothbrush & travel holder
- Toothpaste (travel size)
- Shampoo (travel size)
- Body soap/wash (travel size)
- Deodorant (travel size)

Gear and Equipment

- Sleeping bag (1)
- Bath or beach towels (1)
- Backpack for overnight camping – *recommended* – (or a medium duffel bag)
- Flashlight/Head Lamp and batteries
- Laundry bag (washable mesh) - *for weekend stayover campers only*
- Water bottle 16 ounces (2)

Other Non-Clothing Items

- Bible (small, lightweight, and compact)
- Book (optional)
- Addressed postcards and stamps (if desired)
- Journal and Pen
- Deck Cards (optional)
- Sleeping Pad (optional)

Other

- Travel size sunscreen
- Travel size Bug spray



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Clothes to Wear Home

Parents may want to pack a set of clothes in a separate plastic store bag to be saved for the last day of camp. This will ensure that your camper has a clean set of clothes for the ride home and thus keep the car clean.

Laundry Bag - For stay over campers

Campers will need to bring their own washable laundry bag if staying for a weekend stayover session. Each stayover camper will need to bring a clearly labeled laundry bag with his or her name on the bag. Please clearly label all items of clothing with a Sharpie pen. During the weekend, your camper will have an opportunity to wash their clothes.

WHAT NOT TO BRING

Cell phones, iPods or other portable music players, computers, video games, electric devices, two-piece bathing suits, food, pets, revealing and offensive clothing, firearms, fireworks, sheathed knives, inappropriate music or magazines, tobacco products, alcohol, and illegal, non-prescription drugs are prohibited. Kanuga will not be responsible for damaged or stolen jewelry and other valuables. The camp will provide all sports and safety equipment; campers should leave theirs at home. Camp Kanuga has a one-piece bathing suit policy.

Cell Phones

Camp is a unique environment. During the camp experience, youth develop life skills including independence and self-reliance. We respect and appreciate the wonderful relationship youth and families have, but if campers are to enjoy camp fully they must be able to develop this independence.

Hiding Cell Phones: We appreciate that most families will honor our request and support our reasoning for not allowing cell phones at camp. We also recognize that some families may feel that hiding a cell phone in camper luggage is OK. Keep in mind that by doing this YOU are teaching your campers that it is OK to break the rules as well as creating a level of distrust between the camper and counselor. If you are unable to send your camper to camp without a cell phone then you or your camper may not be ready for the camp experience.

Food

DO NOT BRING food of any kind. We will supply all meals and our Camp Store will be available to purchase snacks. Many of our campers have severe and life-threatening allergies to many different food items. We want to do everything that we can to ensure a safe and healthy experience for these campers as well.



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Trunks

Do not bring a trunk. All things brought to Camp Kanuga with your camper will be carried by your camper from the check in area to Camp Kanuga's Outpost.

Contact Information

For further questions contact Camp Kanuga Director David Schnitzer at 828-692-9136, ext. 2840.