

Green Mountain Conservation Camp

ADVANCED --- BACKPACKING

What To Bring

REQUIRED:

- | | |
|---|--|
| <input type="checkbox"/> Sleeping bag and pillow | <input type="checkbox"/> Beach Towel/ Swimsuit |
| <input type="checkbox"/> Bath towel / Face Cloth | <input type="checkbox"/> Sweatshirt / fleece / other warm clothing (layers) |
| <input type="checkbox"/> Toilet articles (soap, toothbrush, toothpaste, etc.) | <input type="checkbox"/> Rain gear ** |
| <input type="checkbox"/> Changes of underwear | <input type="checkbox"/> Flashlight with Fresh Batteries |
| <input type="checkbox"/> 3 pairs of pants (minimum quantity recommended) | <input type="checkbox"/> Day pack, water bottle** |
| <input type="checkbox"/> 3 shirts (minimum quantity recommended) | <input type="checkbox"/> 1 pair of sneakers / closed-toe shoes |
| <input type="checkbox"/> 5 pairs of socks | <input type="checkbox"/> 1 pair of outdoor boots / hiking boots / sturdy sneakers ** |

**** These items are required for the advanced backpacking course**

OPTIONAL:

- Hat or cap
- Personal fishing gear
- Writing Material / Notebook / Pen
- Water shoes (for swimming in the lake)
- Sandals
- Sunscreen

Strongly Suggested for Backpacking Overnight

- Small packable pillow
- Compressible sleeping bag-(down works best)
- Tent that sleeps 4 or less
- Sleeping pad
- Large backpack, 60+ liter if possible
- Insect repellent (non-aerosol)

DO NOT BRING:

- ~ Cell Phone / I-Pad / Tablet
- ~ Firearms / Ammunition
- ~ Hatchet / axes / knives
- ~ Tobacco/marijuana Smoke / Smokeless/ Vaporizers
- ~ Alcohol or drugs
- ~ Illegal Drugs
- ~ Candy or food
- ~ Electronic devices (e.g. I-Pods, radios, handheld devices)
- ~ Hair Dryers

It is recommended that all clothing/equipment is marked with the camper's name or initials to aid staff in returning lost items.

CAMP RULES

1. Campers are expected to be courteous, kind, and respectful to themselves, their peers, and their instructors.
2. Campers may not leave camp area except with an instructor, parent, or guardian.
3. Swimming shall only be at scheduled times and under supervision.
4. Smoking and/or possession of any substance by campers is prohibited.
5. Profane, obscene, or abusive language is prohibited.
6. Abuse of camp property or equipment is prohibited.
7. Campers are expected to attend all scheduled activities and to abide by all other Rules of Conduct explained to them at camp.

Infractions of these rules or continued misbehavior will be considered just cause for dismissal from camp with no refund.

Please contact the GMCC office with any questions: (802)-522-2925 or FWGMCC@vermont.gov