

# Nawa Summer Programs

## *Summer Clothing and Equipment Guide*

[www.nawa-summer-programs.com](http://www.nawa-summer-programs.com)

### Please Note:

As clothes and equipment may end up  
in the lost and found, please  
mark all items with student's last name  
using permanent ink.

# Nawa

## Summer Programs

### List of items to bring for all sessions

**Important: Please mark ALL clothes and equipment with student's last name.**

#### **Equipment**

Backpack (internal or external)  
 Duffle Bag (doesn't need to be very large)  
 Ground Tarp (cheap blue tarps are great)  
 Sleeping Bag with Stuff Sack for Backpacking  
 Sleeping Pad for Backpacking (foam or Thermarest style)  
 1 Bowl, Plate, Plastic Cup  
 Fork and Spoon  
 2 Water Bottles (durable- i.e.: Lexan)  
 Poncho  
 Plastic Whistle  
 Insect Repellant (liquid or stick type- NO spray)  
 Mosquito Netting for Head  
 Sunscreen (SPF 15 and up)  
 Chap Stick  
 Day Pack or Fanny Pack  
 Headlight (AA batteries type)  
 Minimum of (12) AA batteries  
 100' of 1/4" cheap nylon rope to be cut up while camping  
 Compass (a simple, inexpensive compass will do just fine)

#### **Do Not Bring**

Cell Phones  
 Credit Cards  
 Cash over \$20 per four week session  
 Tent  
 Food  
 Jewelry  
 Knives or Bladed Instruments  
 Lighters  
 Clothes with any type of contraband  
 Suitcases

#### **Clothes**

Comfortable Shoes  
 Hiking Boots  
 Tevas or an Equivalent Sandal (with wrap-around heel strap)  
 4-6 T-Shirts, Short-sleeved  
 1 Long-sleeved Shirt  
 2 Long Pants (*include a belt*)  
 2-3 Shorts  
 1-2 Swimsuits  
 Underwear (**one week supply**)  
 6 Pairs of Athletic Socks  
 2 Pairs of Wool or Synthetic Socks- NOT Cotton  
 Lightweight Rain Jacket (warm when layering)  
 Sweater or Fleece-type Jacket- NOT Cotton  
 Pullover Cap (wool or fleece-NOT Cotton)  
 Leather Gloves (leather gardening gloves are fine)  
 Sunglasses  
 1-2 Towels (thin beach towel is great)  
 1 Wash Cloth  
 1-2 Bandanas  
 Toiletry Items  
 Dirty Clothes Bag (not a plastic trash bag)

#### **Optional**

Fresh Water Fishing Gear  
 Inexpensive Camera  
 Pre-pay Phone Card (to make calls home)  
 Paintball Equipment (we have our own equipment for use)  
 Skateboard

#### **Notice**

Campers and students are responsible for bringing their own spending money. Please do not send more than \$5.00 per week. If more money is needed, staff will notify parent(s)/guardian(s).

Refer to next page for equipment descriptions

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## IMPORTANT

*There are absolutely no cigarettes, tobacco, or use of illegal substances allowed at Nawa. Please do not bring clothes or jewelry that have drug, alcohol, and/or death designs or sayings. Place all gear in the backpack and duffle bag.*

- *Please mark all clothes and equipment with camper's or student's last name.*

## Equipment Descriptions

**Backpack-** Must be an internal or external frame backpack with an adjustable, padded hip belt and shoulder straps. The pack should be fitted and adjusted while loaded (books or weights are good substitutes to adjust the pack). The pack should be between 3,000 and 4,500 cubic inches.

*The cost is around \$100-180*

*Rentals are available through stores*

**Hiking Boots-** Avoid expensive, all leather hiking boots. Instead, choose lightweight canvas hiking boots or trail boots. Be sure to wear them as much as possible before arriving at camp. If the boots are new and have not been worn a lot, one to two sheets of Dr. Scholl's Moleskin for feet is a good idea to prevent blisters.

*The cost is around \$45-100*

**Ground Tarp-** The tarp should be 10'x10' or 8'x10'. The tarp should be plastic with grommet holes along the sides of the tarp. Choose lightweight, inexpensive tarps.

**Head Light-** A double "A" battery type head lamp is all one needs. They are lightweight and leave both hands free while producing enough light for the night. Quality lights are Combi, REI, and Petzel. Make sure you have batteries in the head lamp and two sets of batteries and a set of bulbs for spares.

*The cost is around:*

*\$10-20 from Walmart or Target*

*\$20-40 for REI*

**Sleeping Bag-** A quality bag filled with synthetic material rated to reach temperatures as low as 35 degrees is recommended. Do not purchase down bags because they will not stay warm when wet.

*The cost is around \$70-150*

**Sleeping Pad-** A closed cell foam pad, 20" wide, 5/8" thick, and the length of the camper is great. There are air mattresses on the market that offer a more comfortable sleep. These include Ergomat, and Therm-a-Rest. Any of these mattresses will do the job, however, if you decide to purchase the air mattress, please also purchase an air mattress stuff sack to protect the mattress

*The cost is around:*

*\$15-20 for a foam pad*

*\$40 for an Ergomat*

*\$45-100 for a Therm-a-Rest*

**Eating Equipment-** A cooking kit is not needed. NAWA will provide stoves, pots, and pans. Please bring a cup, plate, bowl, fork and spoon, either stainless steel or Lexon material.

*The cost is around \$10-15*

**Day Pack-** This will be used for day hikes and for extra storage. School backpacks are great for this use. Therefore, you do not have to spend a lot of money on this item.

**Poncho-** The poncho should be made of heavy-duty material and should have a hood for the head. The poncho goes over the body and snaps together.

*The cost is around \$7-15*

**Fresh Water Fishing Gear-** The fishing pole should be compact and able to disassemble into three or more pieces and have a hard case for the pole. The reel should have four to six pound test line. Purchase #10-12 hooks, some lures and a few split shots. If your child is 16 or older, a California fishing license is required and can be obtained at sporting good stores for around \$35.

- *Please mark all clothes and equipment with camper's or student's last name.*

## Equipment Descriptions Cont.

**Water Bottle-** A one quart or liter, non-expensive water bottle, such as plastic Gatoraid bottles is all that is needed.

**Leather Gloves-** Grocery store or gardening-type gloves are fine. The tighter the fit the better. Do not spend more than \$10 on this item.

*The cost is around \$10*

**Mosquito Netting-** To prevent those irritating bugs from attacking while asleep. Netting is placed over the face area of the sleeping bag. The mosquito head nets are lightweight and packable and are commercially available at some outdoor stores and most Army/Navy surplus stores.

*The cost is around \$5 - 15*

Below are some stores with good equipment and prices. This is not a complete list and is intended merely to help give you some ideas as to where to look for needed items. If you are unable to find a store or have any questions about a piece of equipment, please call us.

- Redding Sports LTD (530) 221-7333
- REI
- Adventure 16 Stores
- Sports Chalet
- Oshman's Sporting Goods
- Target
- Sierra Trading Post
- Wal-Mart
- Camping World
- Army/Navy Surplus

**Need to rent gear?** Nawa has a limited number of packs, sleeping bags, garments, and other items for rent. Availability is on a first-come, first-served basis. Contact us for more information.