

Dear Parents and Campers:

Welcome to Nature Nuts Winter Overnight 2019---January 12 to 13 (9am-9am)! Please go over the packing checklist with your camper so that s/he will be fully prepared for camp – this will be especially important this time of year with our wacky changeable weather. Speaking of wacky weather, layers are ideal so campers can add or subtract layers to adjust to indoor or outdoor activities, warm outdoor temperatures or cold.

*We will be holding camp rain, snow, or shine; warm temperatures or freezing cold – please be sure that your camper is dressed appropriately for the weather and has extra clothes packed. In the event of severe weather, a decision will be made Friday, January 11 by 12:30. Updates will be posted on the Calvert Nature Society website and will be emailed to those registered.*

This camp will begin on Saturday, January 12 at 9am at the Flag Ponds Education Building. We will have camp all day Saturday and overnight to 9am Sunday, January 13. The park will be open to the public, so let the folks at the front gate know that you are there for camp and proceed then to the education building (that's the larger of the two buildings by the parking lot).

Wondering what we'll be doing at camp? Here's a smattering of our activities:

Hiking, playing games, working on a variety of "survival skills" like shelter building and making fires, and going for a night walk ...not to mention, making our own dinner over a campfire-including s'mores for dessert and spending the night in the park. It promises to be an adventure! Campers will be sleeping in tents in the Education Building.

Don't forget to bring lunch and a quick snack for Saturday. This camp involves a lot of food – late afternoon snack and dinner Saturday, breakfast Sunday, cocoa, and s'mores will be provided. **If your camper has any food allergies/issues, it is important to let me know ASAP. If your camper will need any medication during camp, please let me know so I can get you our camp medication forms. Prescription medication will need a signature from the doctor's office.**

Again, please help our camp staff to keep our campers safe and warm on this winter adventure. Campers will be expected to be properly dressed for camp. If you have questions about what to wear or send, please call me at Battle Creek Nature Center at 410-535-5327 or send me an email at [tania.gale@calvertcountymd.gov](mailto:tania.gale@calvertcountymd.gov)

All this information is also found at Calvert Nature Society website.

I know I'm looking forward to our winter camp adventures – hope you are too!

See you on the 12<sup>th</sup>!

Sincerely,

Tania Gale

Naturalist



# "Winter Camp 2019" camp checklist

## **What to wear -**

### **Head:**

\_\_\_\_\_ Warm hat – one that covers your ears

\_\_\_\_\_ Scarf or neck gaiter

### **Upper Body: wear layers – avoid cotton if possible, see note below**

\_\_\_\_\_ Long Underwear shirt, turtle neck or other long sleeved shirt (a fabric with as little cotton as possible, could be 50/50 blend)

\_\_\_\_\_ Wool/poly fleece or sweater (*not* a cotton sweatshirt)

\_\_\_\_\_ Warm, winter coat

### **Hands:**

\_\_\_\_\_ Wool/Synthetic gloves or mittens

### **Lower Body: - avoid cotton if possible (no jeans and no leggings except under other pants - they will get wet and be cold)**

\_\_\_\_\_ Long Underwear pants (tights/leggings work for this)

\_\_\_\_\_ Poly fleece or nylon pants (no jeans or leggings, please)

### **Feet:**

\_\_\_\_\_ Wool/synthetic socks (heavy, warm ones or 2 pairs of thinner ones, no cotton)

\_\_\_\_\_ Boots – winter boots if they are comfortable to walk in or hiking boots if they are treated with water repellent spray

### **Shell Layer: if you've got a layer that isn't water-proof, but will be wind-proof, that's better than nothing**

\_\_\_\_\_ Waterproof rain Jacket - must fit over the other layers

\_\_\_\_\_ Rain Pants - nylon or Gore-Tex - must fit over the other layers, snow pants are OK, too

### **What to bring – in a duffel bag or separate backpack**

- \_\_\_ extra socks (ideally wool or fleece, not cotton) – we often end up with wet feet, extra socks are crucial
- \_\_\_ extra pair of gloves/mittens – same as feet, campers often end up with wet hands, extra gloves are a must
- \_\_\_ extra hat
- \_\_\_ extra full set of clothes (pants, tops, and underwear)
- \_\_\_ extra long johns (top and bottom – if you have them)
- \_\_\_ plastic bag for wet clothes
- \_\_\_ pajamas
- \_\_\_ slippers for wearing inside the building (bonus points for wacky slippers)
- \_\_\_ flashlight
- \_\_\_ personal toiletries (toothbrush, toothpaste...)
- \_\_\_ medications (if needed, please fill out a medication form also, contact Tania: [tania.gale@calvertcountymd.gov](mailto:tania.gale@calvertcountymd.gov))
- \_\_\_ Extra shoes – could be sneakers
- \_\_\_ 2 plastic small bags for feet (like bread bags, to put on over dry socks if shoes are soaked)
- \_\_\_ black T-shirt or sweatshirt for decorating with glow paint

Also:

- \_\_\_ sleeping bag and pillow
- \_\_\_ sleeping pad (optional)

### **Day Pack - for carrying gear for Saturday's hikes with the following packed inside:**

- \_\_\_ lunch
- \_\_\_ water bottle
- \_\_\_ a small trail snack – like trail mix or granola bar
- \_\_\_ sunscreen
- \_\_\_ chapstick
- \_\_\_ sunglasses

*\*\*tents will be provided, we will be sleeping inside\*\**

**Take the Unplug challenge! Please do not bring any phones, electronic games, or MP3 players.**

## Why Not Cotton Clothes?

Once wet, cotton clothes tend to stay wet. Wet cotton clothes will not insulate and do their job of keeping the person wearing them warm. Jeans and cotton sweat shirts will not make great winter camp wear. While we will not be doing extended wilderness hikes, we will be spending a good portion of the camp outside – and it will be chilly. Campers will, of course, be much happier if they are comfortable and warm. Here are some other fibers to consider -

**1. Wool** - derives its insulating quality from the elastic, three-dimensional wavy crimp in the fiber that traps air between fibers. Depending on the texture and thickness of the fabric, as much as 60-80% of wool cloth can be air. Wool can absorb a fair amount of moisture without imparting a damp feeling because the water "disappears" into the fiber spaces. Even with water in the fabric wool still retains dead air space and will still insulate you.

**2. Poly Fleece fabrics** - synthetic material often made of a plastic (polyester, polyolefin, polypropylene, etc.). This material has a similar insulative capacity as wool. Its advantages are that it holds less water (than wool) and dries more quickly. Poly fleece is manufactured in a variety of different weights (thicknesses) offering different amounts of loft and insulation. This allows for numerous layering possibilities. The disadvantage of pile is that it has very poor wind resistance and hence a wind shell on top is almost always required.