



Dear Parents and Campers –

So glad that you have registered for the October 20 and 21 overnight trip to Assateague Island National Seashore (or ASIS). Hard to believe, but we are just a few weeks away from the trip! I wanted to send the packing list and draft schedule now to give you an idea of what campers will need to have with them in terms of clothing/gear and what we will be doing.

We will go over all of this information at our pre-trip meeting on October 5 at Wisner Hall – Kings Landing Park at 6:30-7:30pm. This is a mandatory meeting for campers and parents both, so please put it on your calendar. The meeting should be about an hour long - giving campers and their families a chance to meet each other and our staff - as well as give everyone a chance to ask questions about what is needed for the trip and what we will be doing.

If you have questions before the meeting, please email me at tania.gale@calvertcountymd.gov.

It is not my goal to require families to purchase expensive outdoor clothing for their still-growing children, so please don't feel that you must shell out a lot of money for this trip. Often there are inexpensive options that will work just as well. I do want to do everything I/we can do ahead of time to be sure that campers will be comfortable and safe on this trip, so if you have questions, don't be afraid to ask.

Last but not least, if the camper has any medical issues (physical or mental) that may impact them on this trip, please let me know in writing before the trip - this includes food allergies and medications. Any medications, prescription AND over-the-counter will need to be accompanied by our medication forms (which require a doctor's signature) and will need to be kept in a secure location by staff during the trip. Thanks for your help with this.

Thanks again for registering! Looking forward to seeing you all on October 5.

Tania Gale,

Naturalist

Tania.Gale@calvertcountymd.gov

“Life on the Edge” camp checklist

What to bring and wear –aside from the exceptions listed below, please put your gear in the duffel bag provided (at the Oct 5th meeting) with everything packed in zip locks and labeled with day and time (example – Friday PM change of clothes, Friday night, Saturday morning, Saturday change of clothes).

Wear these things for FRIDAY (Beach to Bay hike):

Head

- Ball cap or warm hat if cold
- Sun glasses – not required

Upper Body

- T-shirt or long-sleeved shirt depending on weather (a fabric with as little cotton as possible)
- wool/poly fleece jacket or sweater (not a cotton sweatshirt)
- raincoat or windbreaker

Lower body (avoid cotton if possible –jeans will get wet and cold)

- nylon or other “quick dry” fabric pants or shorts

Feet

- comfortable shoes you can hike in and (maybe) wade in the water with (no flip flops or crocs, sport sandals are fine)

Bring these things: Most of our gear will be stored under the seats of the van, in the duffel bags provided

Not in the duffel:

- sleeping bag (can be wrapped in a garbage bag)
- pillow (will go on the seat with the camper)
- sleeping pad (optional)

For Friday afternoon: we will have these **out on the seats** Friday AM:

- full change of clothes in a Ziploc bag
- lunch for Friday (bring a “trash free” lunch if you can)
- water bottle (refillable, approximately 1-liter sized)

In your duffel bag:

For Friday night:

- long pants
- long-sleeved shirt
- warm hat (not cotton)
- wool/poly fleece pullover or sweater (not a cotton sweatshirt)
- gloves and scarf
- comfortable dry shoes (sneakers or hiking boots)
- socks (ideally not cotton)

In your duffle bag con't:

For Saturday (wading in the coastal bay, chest waders/boots are provided):

- ___ T-shirt or long-sleeved shirt depending on weather forecast (a fabric with as little cotton as possible, could be 50/50 blend)
- ___ nylon or other "quick dry" fabric shorts or pants
- ___ comfortable shoes – for wading in the bay, no flip flips or crocs, sport sandals are fine (Friday's wet shoes are fine)

Also:

- ___ warm jacket - **not** a cotton hoody sweatshirt
- ___ plastic bag for wet clothes
- ___ rain/windbreaker pants (if you have them)
- ___ rain coat or poncho
- ___ pajamas
- ___ flashlight (check to be sure it works before you come on the trip)
- ___ sunscreen
- ___ insect repellent
- ___ chapstick
- ___ personal toiletries in a Ziploc bag labeled with camper's name (we will keep these in the van)
- ___ medications (if needed - please let me know ASAP so I can get you the required paperwork)
- ___ extra socks (ideally not cotton)
- ___ towel

What you DON'T need to bring:

- Tents (are provided for you)
- Extra food – dinner and snacks Friday, Saturday breakfast, lunch, and snack will be provided
- Knives of any kind
- **Please *do not* bring any electronics- phones included - Take the "Unplug Challenge"**

Anybody wondering..... 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. So jeans and cotton sweat shirts will not make great camp wear. The weather on Assateague is often quite different from the weather at home. It is almost always windy and damp - and it will be chilly, especially at night. 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 most fleece fabric is that it has very poor wind resistance and hence a wind shell (raincoat or windbreaker) on top is almost always required.

Proposed Schedule for the Life on the Edge Overnight 2023 – times are approximate and subject to change

Friday Oct 20

- 7:30AM Meet at Wisner Hall – Kings Landing Park
- 11:30AM Arrive at Assateague Island National Seashore
- 12:00PM LUNCH *campers bring their own*
Tent set up
- 1:30PM Beach to Bay hike – we will walk from one side of island to the other and explore the changes in habitat as we go
- 3:30PM Beach to Bay hike finishes - return to camp sites, get ready for evening activities
- Friday PM Dinner prep/Cooking dinner/Eating dinner
- Night walk
- Campfire and s'mores



Saturday, Oct 21

- 7:30AM Wake up, pack gear, load van
- 9:00AM Breakfast
- 9:45AM Head to Old Ferry Landing for Bay Discovery
- 11:30AM Bay Discovery finishes, head to bathrooms to change/prep for departure
- 12:00PM Lunch and closing circle
- 12:45 Travel home
- 4pm Camper pickup at Wisner Hall-Kings Landing Park