

FERNWOOD COVE UNIFORM REQUIREMENTS AND SUGGESTED PACKING LIST

Fernwood Cove is a uniform camp, which fulfills our desire to live simply without emphasis on appearances. The regulation Fernwood Cove uniform colors are white and hunter/dark forest green. No clothing of other colors or with other logos or emblems may be worn as uniforms. The *Amerasport* outfitters catalogue is provided as a convenience and a guideline for our uniform requirements, however there are many items that you can buy elsewhere (or that your daughter already owns) that will be fine for camp. Here is a guide that will help you pack for your daughter's summer:

12 White Shirts

Any white shirt is fine - tank tops (*not* spaghetti straps), polo shirts, white Hanes t-shirts etc. We do laundry at camp once every week (7 days), so the quantity of uniform your daughter brings to camp needs to get her from one laundry day to the next.

7 Forest/Hunter Green Shorts and 1 White Shorts

Soccer style nylon shorts, cotton shorts, chino style - any type are fine as long as they are the right color! The catalogue comes in handy to double-check this. Your daughter needs one pair of white shorts in any style for special events (4-5 times during the session).

Forest/Hunter Green Outerwear

Nights (and some days!) can get chilly in Maine, even in the summer time! We want your daughter to be warm, and still in uniform. We recommend a fleece outer-garment, as this is multi purpose. Amerasport sells a very nice quality green fleece. If she has a fleece, she will only need ONE forest green sweatshirt (for slightly less chilly weather). She will need 2-3 pairs of green pants to keep her legs warm.

White Outerwear

One white sweatshirt will come in handy for our special events on colder days. White sweatpants are unnecessary.

Socks & Underwear

Your daughter can never have enough socks - at least 12 pairs of white cotton in any style she prefers (ankle, tube etc). Wool socks are great for hiking, but not essential. Pack at least one pair of underwear for each day of the week, with at least a couple of spares.

Rain Gear

Wet feet and clothing can make life miserable, so waterproof (not just shower proof) gear is very important. Your daughter will need either a longer style rain jacket or poncho (can be any color - most likely your daughter has one that is just fine), and a pair of waterproof shoes (duck boots, rain boots etc).

Sleepwear

Some nights are chilly, some are quite warm. Your daughter will need two pairs of sleepwear that cover both these weather possibilities. If she likes to sleep in boxers and t-shirts, or perhaps a nightgown - that's just fine. These items do not need to be in camp colors. Bedroom slippers can be nice to have in the bunk (the floors are wooden), but are not essential.

Swim Gear

Your daughter will need at least two bathing suits. These do not need to be in camp colors; one-piece or athletic style two piece are highly recommended (teeny bikinis don't work well for water sports).

A white bathing cap is essential for safety while your daughter is swimming - camp will issue these to the children at every swim lesson.

Two beach towels are important (one can be drying while the other is used) - any color is fine.

Shoes

Sneakers will be used for field sports, tennis and other athletic type activities. No particular type of sole is necessary. Teva's or other supportive athletic sandals (with a heel strap) are also acceptable footwear. **Flip-flops and slides (i.e. any shoe without a back heel strap) are for shower use only.** Platform shoes, any shoes with sole that is one or more inches, are also not allowed in camp due to possible ankle injuries. Any inappropriate footwear that is sent to camp will be mailed back home.

Bedding

We provide all bed linens and blankets. We do not provide towels. Please do not send personal blankets or sheets. Your daughter may bring up to two stuffed animals or a special "blanky."

Your daughter will need:

- A pillow and pillow case(except international campers)
- A laundry bag (big enough for one week worth of clothing)
- A shoe bag (with many pockets, to hang on the wall, to hold shoes, brush, flashlight etc)
- A bath robe (to get to and from her bunk to the shower house) - any color
- A sleeping bag (any style, does not need to be warm to freezing temperatures!)
- Two beach towels (so she still has one to use while the other is drying)
- Three shower towels

Toiletries

Please pack sanitary napkins/tampons, toothbrush and toothpaste, soap, Kleenex, extra comb/brush, and any additional toiletries your daughter will use.

Miscellaneous Articles

Please equip your daughter with a camera, film/memory cards, stationery and stamps, pen, etc.

Sun Protection

We also encourage you to pack a good broad-spectrum sun block as well as a sun hat or visor for your daughter. Be sure to label each item with her name. Limited supplies of necessary items are available in the camp canteen.

Camp Gear

Please pack your daughters clothing for the summer in a duffel bag or soft-sided suitcase. These are more easily stored and will not be used during the session.

Your daughter will need:

- A water bottle (size and style not important)
- A flashlight and batteries (this is her source of light in the bunk - it should be a good one! battery operated lanterns, headlamps, snake lights etc are all fine as supplements.)
- Daypack (a size that you know your daughter can carry on trip day) A school book-bag size is fine.

Activity Items

It is difficult to know what your daughter will enjoy most at camp, especially if this is her first summer! Here are some general equipment guidelines:

- *Tennis* - We have some tennis racquets to loan, however your daughter will see greater improvement with a racquet fitted to her size and strength. We do not require Cove campers to bring their own tennis balls.
- *Horseback Riding* - We don't have any helmets to lend at camp. If your daughter is planning on riding, she should bring a helmet, jodhpurs (or inexpensive riding pants, no inner seam), boots etc with her.
- *Water Sports* - Aqua socks are only necessary if your daughter is squeamish about putting her feet on the bottom of the lake (it is quite sandy).
- *Dance/Gymnastics* - Special shoes are not necessary, however your daughter may bring tap, ballet or jazz shoes if she already owns them. She may also bring leotards for dance or gymnastic classes.
- *Hiking* - Special boots are not necessary (All terrain sneakers will be fine for our day hikes).
- *Sports* - We have all sports equipment needed at camp. Your daughter may bring soccer cleats and shin pads and a softball glove if she owns them. Mouth guards are supplied by camp.

Non-Uniform Clothing

Your daughter will have the opportunity to wear non-uniform clothing during campfire and special events. One or two outfits will be enough for the session. Even though these events are "non-uniform," clothing and shoe policies still apply (please refer to the policies section). A green T-shirt may also be added to be worn for Green and White Day, but since this is a one day event the T-shirt is not a required item.

Clothing Taboo:

Spaghetti strap tops (<1inch in width) or clothes exposing the midriff are not permitted at camp or outside of camp during your daughter's camp stay. Please do not bring or send this item to camp.

Name Tapes

Please be sure that nametapes are sewn on each and every garment brought to camp, including all the clothes your daughter wears to camp. Waterproof markers can be used on sleeping bags, rainwear, boots, shoes, slippers, tennis racquets, flashlights, water bottles, cameras, etc. Unmarked items find it difficult to return to their owners.