

WINTER WHIRL 2 REQUIRED EQUIPMENT LIST

Listed below are the items that are REQUIRED for this specialized program. You are also receiving information describing the proper layering of garments. Please review this information now and decide which items are already available, which could be borrowed, and which may have to be purchased. Please do not wait until the event is closer. In our experience, when the list is set aside, it is forgotten until the last minute.

COME DRESSED IN LAYERS AND INSULATED BOOTS PARTICIPANTS WILL BE OUTDOORS ALL DAY

The GIRLS should be doing their OWN packing for this event - with parents' supervision.

Suggestion: Do not check off ANY item unless it is ALREADY packed in the bag.

Do not remove any item from bag after it has been packed!

- ___ SIGNED PERMISSION FORMS
- ___ COMPLETE HEALTH HISTORY - 2 copies- with immunization dates ("up-to-date" is not acceptable)
- ___ BAG LUNCH FOR SATURDAY - NO GLASS CONTAINERS - Lunch will be stored in Cabin Refrigerator
- ___ 1 GALLON JUG OF WATER (water in Cabins has been shut down)

CLOTHING

- ___ TWO PAIR NON-COTTON THERMAL UNDERWEAR - ONE ON - ONE IN OVERNIGHT BAG
- ___ ONE NON-COTTON MID-LAYER SHIRT - ON (optional - one extra in Overnight Bag)
- ___ ONE PAIR NON-COTTON PANTS -ON - LINED WARM-UP PANTS OR POLYPRO - ABSOLUTELY NO JEANS!!
(Nylon/Polyester Leggings are OK) (optional: one extra pair in Overnight Bag)
- ___ POLAR FLEECE VEST for over Mid-Layer Shirt (optional - but helpful)
- ___ ONE HEAVY WOOLEN, FLEECE OR ACRYLIC SHIRT/SWEATER - NOT A COTTON SWEATSHIRT
- ___ TWO PAIR NON-COTTON SOCKS - WOOL OR ACRYLIC BLEND - ONE ON - ONE IN DAY PACK
- ___ ONE OR TWO PAIR SILK or NYLON SOCK LINERS (optional - but helpful)
- ___ TWO PAIR MITTENS or GLOVES - ONE ON - ONE IN DAY PACK
- ___ ONE OR TWO PAIR SILK or NYLON GLOVE LINERS (optional - but helpful)
- ___ ONE PAIR WATERPROOF GLOVES (ski-type)
- ___ ONE WOOL, POLAR FLEECE or ACRYLIC KNIT HAT - NO EARBANDS - NO EAR MUFFS -
They do not retain the body's heat from escaping through the scalp!
- ___ ONE PAIR WATERPROOF SKI-TYPE PANTS - ON!
(Elastic Pull-up type is more convenient than bib-type for attending to personal needs.)
- ___ STURDY, WATERPROOF, INSULATED BOOTS - Be sure they FIT! Wearing extra pairs of socks to make someone else's too-large boots fit causes blisters & constrict blood flow to the toes. TOO TIGHT BOOTS cause tingling & make the wearer susceptible to frostbite
- ___ WARM WINTER JACKET or PARKA (remove any ski lift tags)
- ___ RAIN GEAR - PONCHO - No Umbrellas!

FOR INSIDE CABIN ONLY

- ___ COMPLETE CHANGE OF UNDERWEAR BEFORE BEDTIME!
- ___ SWEAT SUIT - WITH HOODED SWEATSHIRT - FOR SLEEPING ONLY!
(NO NIGHTIES! Cabins are heated only by fireplaces!)
- ___ CABIN SHOES - Sneakers OK - NO SLIPPERS!!
If we have to vacate the cabin in an emergency you need SHOES!!

NOTES:

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SUPPLIES & EQUIPMENT

- _____ ONE HANDS-FREE DAY PACK (NO handled plastic shopping bags! No String bags)
- _____ ONE OVERNIGHT BAG
- _____ WARM -STANDARD – 3 or 4 SEASON SLEEPING BAG (NO slumber-sleep-over-character bags)
- _____ ONE PLASTIC SHEETING GROUND COVER – FOR UNDER CABIN MATTRESS (old shower curtain is OK)
- _____ ONE PLASTIC SHEETING cover – for on top of cabin mattress (optional)
- _____ EXTRA BLANKET (or 2 if desired)
- _____ PILLOW (or – to save room use a Pillow Case & stuff it with extra clothes!)
- _____ TOILET ARTICLES – small & simple – SHOWERS ARE NOT AVAILABLE!
- _____ MESS KIT – or simple but sturdy plastic/metal dish, fork, spoon
- _____ DUNK BAG

IN DAY PACK:

- _____ RAIN GEAR/PONCHO
- _____ EXTRA SOCKS & SOCK LINERS
- _____ EXTRA GLOVES & GLOVE LINERS
- _____ BANDANA & HAIR TIES (especially for Long Hair)
- _____ TWO PLASTIC NEWSPAPER SLEEVES (vapor barriers for cold feet)
- _____ LIP BALM
- _____ WORKING FLASHLIGHT – WITH NEW BATTERIES – CHECK BULB
- _____ SUNGLASSES
- _____ PLASTIC THERMAL MUG OR CUP
- _____ SPOON
- _____ CLEAN, EMPTY TUNA/CAT FOOD CAN – no label or rough edges
- _____ ONE CANDLE STUB – 3 OR 4 INCH PIECE – ENTIRE CANDLE NOT NEEDED!
- _____ LARGE BLACK PLASTIC GARBAGE BAG
- _____ ONE LARGE SQUARE HEAVY DUTY ALUMINUM FOIL – FOLDED (12”X12” PIECE)
- _____ INDIVIDUAL FOIL PACKET (s) OF SOUP – NO “Cup of Noodles” Type!
- _____ INDIVIDUAL COCOA PACKET (s)
- _____ GORP
- _____ INDIVIDUAL, REFILLABLE WATER BOTTLE – Water is preferred for hydration

PLEASE NOTE:

Remove all piercings (whether covered by clothing or not) & other jewelry before arriving at camp.
Please DO NOT bring cell phones, Ipods, or other electronic devices. They are not needed for this program and are a distraction.

REGARDING: “Hand Warmer” or “Foot Warmer” Packets –

We do not list these items as “equipment” due to our experience of the participants not understanding their proper use. Girls have been known to ‘play’ with them causing severe burns, broken packets and chemical spillage in cabins and throughout our camp.

Keep in mind that participants will be evaluated by Winter Whirl Staff during the program in the following area:

**ATTITUDE
PREPAREDNESS
COOPERATION
& SKILLS**

The Winter Whirl Survival Series is staffed entirely by VOLUNTEERS whose willingness to give of their personal time, experience, and expertise make this program possible.