



Hey Crazy Island Adventurers,

Are you stoked for 4 days of camp fires, s'mores, tent-living and no showers?? We are!! Your Deans, Jack and Emily, are counting the seconds until we embark on Manitou Island Camp, 2010. It's sure to be **The Camp of The Century**. We're thrilled that you're going to be a part of it! A few things you should know:

- Plan to arrive Sunday, August 8 between 10:30-11:00am, and depart on Saturday, August 14 between 10:00am-10:30am.
- We're hoping to practice Leave No Trace Camping this summer (see below). This means that we'll have as little of an impact as possible on the beautiful island that will host us for these four days. We'll conserve our water, use biodegradable soap (we will provide this), and an environmentally-friendly outhouse (we will provide this too!).
- Islands get cold. And wet. Be sure to bring lots of layers, rain gear, a warm sleeping bag, sleeping pad (i.e. Therma-rest, Ridge-rest), sunscreen, and bug repellent (no aerosol, please!). If you bring clothes made out of cotton and they get wet, they will not dry. If you have it, try to bring synthetic, quick-dry clothing. Expect to be dirty. Expect to love it.

Finally, to returning campers, we love you and can't wait to see you again, and to new campers, we love you already and can't WAIT to meet you and show you how wonderful a week at PL can be!

Peace and Love,

Jack Davidson and Emily Goodnow

Packing List!

Clothes:

(Synthetic, non-cotton material is best for camping. Please bring it if you have it. Also, remember that anything you bring WILL GET DIRTY!!!! Please only bring things that you don't mind getting destroyed.)

- 7 t-shirts
- 1 Longsleeve shirt
- 1 warmer layer, i.e. fleece (Please do not bring cotton sweatshirts)
- 2 shorts
- 1 pair of pants (Please do not bring jeans)
- 1-2 bathing suits
- 1 pair of shoes that can be worn in the water
- 1 pair of sneakers or other closed-toed shoes
- 7 pairs of socks
- 8 pairs of underwear
- 1 hat

Other things:

- Sunglasses
- Sunscreen
- Toothbrush/paste (please bring all-natural toothpaste, if possible)
- Towel
- Sleeping bag
- Flashlight
- Personal items (glasses, contacts, meds, feminine products, etc.)
- 1 water bottle (1 liter)

Optional:

- Thermarest/sleeping pad
- Cards/board games
- Book
- Camera
- Kleenex
- Musical Instruments (make sure they have a protective case)
- Tent

DO **NOT** BRING:

Make up, deoderant, aerosol, electronics, cell phones, video games, ipods, camping knives, WATCHES, bad attitudes

You will be asked to leave if you bring:

Alcohol, Illegal Drugs or Substances, Weapons

OFFICIAL LEAVE NO TRACE PRINCIPLES

PLAN AHEAD AND PREPARE

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups. Split larger parties into groups of four to six.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns, or flagging.

TRAVEL AND CAMP ON DURABLE SURFACES

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses, or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
- Concentrate use on existing trails and campsites.
- Walk single file in the middle of the trail, even when wet or muddy.
- Keep campsites small. Focus activity in areas where vegetation is absent.
- Disperse use to prevent the creation of campsites and trails.
- Avoid places where impacts are just beginning.

DISPOSE OF WASTE PROPERLY

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

LEAVE WHAT YOU FIND

- Preserve the past: Observe, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures or furniture, or dig trenches.

MINIMIZE CAMPFIRE IMPACTS

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking, and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

RESEPECT WILDLIFE

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

BE CONSIDERATE OF OTHER VISITORS

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.

- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and make camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.