

# DEERFOOT LODGE

## Blue Ridge



DEERFOOT 

Important Camper Information 2026

Dear Camper Parent or Guardian,

Thank you for registering for camp!

This registration packet contains important information that will help you prepare your son for a life-changing session at the Lodge. Please read it and do not hesitate to call with questions.

We apologize in advance for the many forms required. The fact is that in today's world, it's not a simple matter to run camp. For us to serve your son well, we need you to complete all of the forms in a timely manner. Please pay special attention to the camp health & medications protocols. Submitting these at least four weeks before your son arrives is very important.

As always, please don't hesitate to call with any questions!

See you at camp!



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# REGISTRATION FORMS CHECKLIST:

These forms are available on your CampInTouch account at  
<https://deerfoot.campintouch.com/v2/login.aspx>

## All Campers:

- Physician's Examination. **Please note that no Health Forms other than the ones provided by Deerfoot Lodge can be accepted.**
- Online Health History Form (to be filled out by a parent/guardian)
- Important Info and Logistics (this online form includes Meningococcal Meningitis vaccination questions, and custodial release info)
- Deerfoot Lodge Camper Agreement: Assumption of Risks, Release of Liability and Indemnity.
- Submit your physician's immunization record (your doctor's format/form is fine for this).

## As Applicable:

- Food Allergy Plan (please email [martha@deerfoot.org](mailto:martha@deerfoot.org) for food allergy forms)
- Unit-dose packaged medications (a pharmacist will be on site to unit dose camper medication for \$15 per camper. Please bring cash or check.)

## About Deerfoot Lodge

**CONTACT:** PO Box 449, Glensville, NC 28736  
*Camp Office Phone:* 855-HIS-CAMP (447-2267), option 2  
*Camp Office Email:* [martha@deerfoot.org](mailto:martha@deerfoot.org)  
*Emergency Phone:* 828-743-4381 (only use in a true emergency)  
*Web Site:* [www.deerfoot.org](http://www.deerfoot.org)

**THE DEERFOOT TRADITION:** A place like Deerfoot is hard to find in today's ever-changing world. Deerfoot Lodge's core program has remained the same for 90 years. It's a world away from the breakneck, technology-driven pace that consumes so much of life. Campers are prohibited from bringing any portable electronic devices. The music at Deerfoot comes from our own voices and acoustic instruments. The activities at Deerfoot make the most of our environment: a beautiful lake, forest, wildlife, fellowship, challenges, and excellent staff. Most of the camper evaluations we receive indicate that campers love being "away from it all." To keep Deerfoot the special place it has been for decades, campers and parents must cooperate with the following policies and procedures.

Deerfoot is a high-energy environment. Walking, hiking, running, and/or swimming is a part of nearly everything we do. Deerfoot celebrates healthy competition that is fun for everyone. We keep score in our games, but winning and losing are not important enough to divide us.

The Deerfoot culture thrives on age-appropriate challenges to help us grow. We intentionally seek to "stretch" campers and staff beyond their 'comfort zone' because that is when growth is most likely to occur. Everything—the setting, instructional areas, games, hikes, and activities—are designed with age-appropriate challenges (physical, emotional, and spiritual) for the purpose of growth. There is no guarantee that each camper will succeed in overcoming each challenge, but even in "failure," we learn and grow.

The camper and staff community is designed to foster deep and meaningful relationships. Counselors have one-to-one time with each of their campers to get to know them personally and encourage them in their growth. These one-to-one times are conducted with appropriate accountability.

**LOCATION:** Deerfoot Blue Ridge is located 8 miles north of Cashiers, NC off Highway 107. Camp is 70 miles from Asheville, NC. Our physical address is 100 Reunion Lane, Glenville, NC 28736. Entering "Deerfoot Lodge Blue Ridge" into your smartphone's map app will direct you to the camp. Some apps may list the address as "Reunion Hill Lane" or "Ravenwood Drive!"  
**\*\*Please be advised the last 30 minutes of the drive to camp is on very windy roads.**

**OWNERSHIP:** Deerfoot Lodge Camps LLC is a wholly owned subsidiary of Christian Camps, Inc., a 501c3 organization founded in 1930. Rules for acceptance and participation in the program are the same for all boys without regard to race, color, or national origin.

**MISSION & SPIRITUAL INFLUENCE:** Our core mission is to build godly men. We believe that a commitment to the Biblical message—that Jesus Christ is the Son of God who came to earth in human flesh to die for sins and bring salvation to everyone who believes—is at the heart of what it means to be a godly man. Deerfoot boys are taught the truths of Scripture in a clear and relevant way. They are encouraged, but never pressured, to respond in discussion and commitment. Our goal is to meet boys where they are in their own faith and to help them understand Scriptural truth and its meaning for their lives.

## Registration Check-In & Departure

**REGISTRATION CHECK IN:** **Registration for incoming campers begins at 3:00 pm on Sunday.** Check-in day can be stressful for parents and campers who may be travel-weary and (understandably) nervous about coming to camp. Sending forms and payments ahead, Trading Post fund deposits, will help minimize time spent in lines and allow you to be free to support your camper's first day experience. Your positive attitude and patience makes an impression on your campers and contributes to a strong start, and may even minimize homesickness.

**FORMS:** All forms and balances are due at least **four weeks** before you arrive. This will help us prepare for your camper and expedite the registration process. We reserve the right to give your space to a camper on the waiting list if we do not have your forms on time.

**CANCELLATION POLICY:** The \$400 registration fee is non-refundable. Camp tuition will be refunded for cancellations that occur at least four weeks prior to the start of the session. During the four weeks before the session, tuition will be refunded only if we can fill your space with another camper.

**DEPARTURE:** Arrive at 9:45 am to meet your camper. Luggage and lost & found will be available by the dining lodge. Trading Post balances and medications will be handed out at the gate as you drive into camp on Saturday morning. The Circle of Friendship will be at 11:00am. All departing campers are asked to leave before noon to facilitate traffic flow and next session preparations.

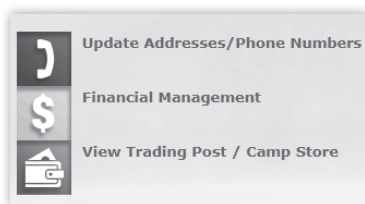
**DEPARTURE PROCEDURE:** We cannot release a camper to anyone other than the authorized custodial parent or guardian unless we have written permission (you will be asked to provide this information in the "Important Info and Logistics" form on CampInTouch). If someone other than the authorized adult is to pick up your camper, written instructions from the custodial parent or guardian must be sent to the camp office prior to departure.

**EARLY ARRIVAL OR LATE DEPARTURE POLICY:** Deerfoot cannot accommodate requests for campers to arrive or depart early or late. Check-in is at 3:00 pm on opening Sunday and departure is no later than 12:00 pm on closing Saturday. Please plan accordingly.

**AIRPORT SERVICE:** Shuttle service to and from Asheville Airport (AVL) is available for arriving and departing campers. Please schedule flights as close to midday/noon on arrival and departure days as possible. The 80 minute trip to and from camp is made in a Deerfoot van/car and requires a departure from camp three hours prior to the flight.

**Flight information must be received 30 days prior to arrival.**

**TRADING POST ACCOUNT:** Depositing money in your camper's Trading Post account will shorten your time in lines on arrival day (we suggest \$100). You can deposit money through your CampInTouch account online or mail a check to Deerfoot payable to Deerfoot Lodge. We do NOT accept credit cards for the Trading Post account on arrival day, you can however bring cash. Each camper may visit the store daily (except hike days) to purchase snacks, clothing, fishing tackle, cards, stamps, and so on. These, along with craft charges and/or optional contributions to the missionary fund, will be subtracted from the camper's Trading Post account. Campers should not keep cash with them while at camp.



**SCHOLARSHIPS:** If scholarship help is needed, please request a scholarship form from the camp office by emailing [martha@deerfoot.org](mailto:martha@deerfoot.org). Since camper fees cover only 75% of operating expenses, Deerfoot depends on contributions from people who believe in its mission to build godly men. These contributions make it possible to keep camper fees at manageable levels while providing the resources necessary for quality staff, program, facility, and equipment.

**SWIMMING:** All new Deerfoot campers will be given junior swimming tests, which are available on check-in day. The junior swim test consists of swimming one lap (60 yards) and treading water for 1 minute.

**DOG POLICY:** When possible, we ask that you not bring dogs or other pets to Deerfoot for arrival or departure day. Any visiting dogs on Deerfoot property must be kept on leash.

## Health & Well-Being

**ABUSE PREVENTION:** No incident or any form of abuse is tolerated at Deerfoot Lodge. We maintain a strong commitment to protect our staff, volunteers, and campers. Deerfoot is a charter accredited member of the Evangelical Council for Abuse Prevention (ECAP.NET) Staff selection includes a thorough application, references, and a criminal/sex offender background check. All staff complete staff training which includes abuse prevention training. The program is designed to foster healthy staff/camper relationships and includes procedures for accountability and protection for all participants. Deerfoot's abuse prevention procedures are available to parents upon request (<https://www.deerfoot.org/standards/>). The Camp Director welcomes inquiries about Deerfoot's policies and procedures related to abuse prevention. As an additional step, we recommend sharing the age-appropriate abuse prevention training resources at this link with your son: <https://www.ccef.org/five-ways-to-help-protect-your-kids-from-sexual-abuse/>

**HEALTH INFORMATION:** Registered campers will need health forms completed via the Forms and Documents page of their CampInTouch account. This account can be accessed at <https://deerfoot.campintouch.com/v2/login.aspx>.

Deerfoot's "Physician's Examination" form, downloaded from CampInTouch or camp web site, must be signed by a licensed physician within the last two years. Signed Physician's Examination forms can be uploaded to your CampInTouch account. If you have any problems uploading forms, you can email a copy to [martha@deerfoot.org](mailto:martha@deerfoot.org) or make a copy to keep and mail the originals to Deerfoot.

Deerfoot recommends that all campers receive age-appropriate vaccinations as determined by their healthcare provider in accordance with best practices for pediatric immunization management. This includes, but is not limited to, the following vaccines: MMR (measles, mumps, rubella) varicella (chicken pox), Tdap/Td (tetanus, diphtheria, pertussis), and polio. Vaccination records from each camper's physician should be submitted with the Health Form. If an infection within the camp with one of the aforementioned diseases occurs, individuals without documented vaccination will be sent home. Unvaccinated campers must complete the Deerfoot Lodge Immunization Waiver Form available through the Deerfoot Lodge office and online at <https://deerfoot.org/exempt>.

**Important:** Deerfoot Blue Ridge follows the American Camping Association regulations, therefore we cannot accept other health forms in lieu of the Deerfoot Lodge Health Forms (Physician's Examination and online Health History Form). All information and forms are due four weeks before your camper's arrival. If you have any questions, email JoNurse Vicki at [jonurseBR@deerfoot.org](mailto:jonurseBR@deerfoot.org)

**CHECK IN:** The registration check-in procedure includes a basic health exam for fever, lice, and signs of illness.

**MEDICATIONS:** Medication ordered by the camper's medical provider for daily administration must be brought to camp in their **prescription bottles or in unit dose packaging packaged by a pharmacy**. We will have a pharmacist on-site during registration to unit dose your child's medication. This service costs \$15 and can be paid by cash or check directly to the pharmacist. All meds that will be brought to camp **MUST** be written on your child's health form and signed by the physician. For any last-minute medication changes, a physician's order is required when campers arrive. This includes prescription, over-the-counter, and inhaled medication.

**PRE-EXISTING ILLNESS OR INJURY:** Campers who are sick, injured, or have a medical condition which might affect their participation in the program must call ahead to discuss the condition with our Health Center Director before checking into camp. If there are recent injuries or surgeries that involve the back, legs, knees or feet, please call camp to talk to Jo Nurse Vicki prior to the camper's arrival. Your camper must be able to participate fully in all programming, which includes hiking and running.

**RISK MANAGEMENT:** By nature, there is risk involved in wilderness activity and the Deerfoot program. A more complete disclosure of these risks is included in the Deerfoot Lodge Camper Assumption of Risk, Release of Liability and Indemnity Agreement included in the registration materials and viewable at [deerfoot.org/release](https://deerfoot.org/release). Our programs and trips require living in tents or open cabins/lean-tos, washing in the lake, physical challenges, wild animals, uneven terrain, wild forests, severe weather, and riding in vans on both highways and dirt roads. Backpack and canoe trips into the wilderness may involve swimming at sites and with remote access to emergency medical facilities (24 hours or more). Trip food is prepared by counselors and campers. Eligible dietary restrictions are accommodated by staff

members who are not food service professionals. Staff and campers assume these risks together, recognizing that valuable growth comes from learning how to identify hazards and adapt behavior, not only at Deerfoot, but also for a lifetime of enjoying the outdoors.

At Deerfoot, we teach the recognition and management of risks and hazards in the wilderness. Three weeks of staff training includes certification in Wilderness First Aid, Lifeguarding, CPR, and emergency procedures, as well as skills for leading wilderness activities. Deerfoot has a Registered Nurse who lives at camp and manages the camp infirmary. All waterfront activities are supervised by a certified Lifeguard or Water Safety Instructor. A doctor's physical exam within two years is required before coming to Deerfoot and camper medications must be packed individually by unit dose. Deerfoot operates under a permit granted by the Jackson County Department of Health, which inspects the camp annually. Parents are required to sign the Camper Agreement: Assumption of Risks, Release of Liability and Indemnity annually.

**FOOD ALLERGIES:** Deerfoot food is served "family style," which makes it challenging to accommodate dietary restrictions. We will work to accommodate restrictions based on medically-diagnosed food allergies (a licensed physician's signature is required-MD, DO, PA, or NP). We cannot accommodate dietary preferences such as Kosher, vegetarian or vegan diets, etc. If your son has a food allergy, please email [martha@deerfoot.org](mailto:martha@deerfoot.org) and request the Medical Professional Dietary Statement and Parental Statement on Dietary Needs forms. These forms include the information necessary to accommodate your son's allergy. **It is very important that we receive this information at least four weeks prior to the start of the session.**

**HOMESICKNESS:** Homesickness is a normal part of camp life. Valuable growth comes when campers learn to cope with and overcome homesickness. When parents and camp staff work together to encourage campers to overcome their homesickness, it will be a positive memory. Here are a few tips for helping your camper overcome homesickness based on our experience.

***Arriving & saying goodbye***—Share with your camper how proud you are of him and build his confidence that this is a good place to be. Please do not tell your camper that "if you don't like it you can always call me and come home." If a camper believes that going home is up to him, he will likely not cope well with his homesickness.

***During the session***—Send your camper positive mail. In your letters, be happy and encouraging. Avoid statements like "(name of pet or sibling) misses you." Give your camper positive news that is taking place at home—maybe even a funny story that he can share with his cabin mates. It would be a great idea to send along a pre-stamped/addressed envelope so that he can write you back. Campers are not permitted to receive packages during the camp session, except when arranged through the camp office in the case of forgotten items, etc.

***Visiting campers is not permitted***—Homesick campers nearly always regress into deeper homesickness if they see their parents/siblings during the middle of the session.

***Homesick letters***—It is not uncommon for parents to receive letters that express homesickness early in the session. Usually, those letters are written on the first day at the height of homesickness and before your camper has had time to connect with his cabin community. You are encouraged to reply with positive, upbeat letters emphasizing how proud you are of him.

**Severe homesickness**—Counselors keep an eye on how campers are doing with homesickness. In the event of extreme homesickness, the counselor will consult with the Section Chief, and then the Camp Director, who may call the parents to keep them aware. In nearly every scenario, we will recommend a camper finish the session and not leave early on account of homesickness. Even when it is hard, making it to the end of the session will be a significant victory and self-esteem boost for your camper (we know this from experience).

**BED-WETTING:** Though counselors work hard to make sure everyone goes to the bathroom before bed, it is not uncommon for campers to wet their beds at night. Counselors will discreetly check if there are any wet beds in the morning. After campers leave for breakfast line up, a counselor will take the wet sleeping bag to the laundry area to be washed, dried, and returned by rest period when campers return to their cabins. If your camper is likely to bed-wet, please share this with the counselor at the beginning of the session.

## Camper Contact & Communication

**COMMUNICATION:** Write to your camper at Deerfoot Lodge, Box 449, Glenville, NC 28736. Please include his cabin name in the address. The camp office phone is not available to campers. **Care packages are not permitted.** If you need to send forgotten items, please call ahead.

**TELEPHONE/EMAIL:** Camp Office: 855-HIS-CAMP (447-2267), option 2. Camp telephones and email are for office use only. They are not for messages to or from campers or for parents inquiring about the general well-being of their camper.

**VISITOR POLICY:** Visitation to Deerfoot is by appointment only. Campers may not be visited during camper sessions. Call the office in advance to schedule a suitable time to visit the camp for other purposes.

## Camp Life

**CAMPER GROUPINGS:** Campers are divided by age into three sections: Woodsmen (ages 9-12), Pioneers (ages 13-14), and Mountaineers (ages 15-16). Each section has its own activity and hike schedule. Within the section, campers are housed by age into rustic cabins or treehouses (Mountaineers). There is no electricity, temperature control, or running water in cabins or treehouses.

**BUNK MATES:** Campers are housed by age. Other factors may also affect how campers are housed. While we welcome bunk mate requests, we cannot guarantee that campers will be in the same cabins.

**LIVING CONDITIONS:** All camper housing is rustic. All campers have a bunk with a four-inch, plastic covered foam mattress (campers bring their own bedding). The Camper Sections (Woodsmen, Pioneers, and Mountaineers) have access to hot and cold running water and flushing toilets in their section. Woodsmen and Pioneers bathe in outdoor showers with warm water. Campers and counselors in the Mountaineer section bathe in the lake ("soap scrub") wearing swimsuits and using biodegradable Ivory soap. All campers are asked to bring bars of Ivory soap as everyone will have the opportunity to bathe in the lake during their session.

**SCHEDULE:** A typical daily schedule is provided on the camp web site. Each camper section, however, has its own unique schedule features.

**WOODSMEN SCHEDULE**—Woodsmen rise at 7:30 am and go to bed around 9:00 pm. All Woodsmen leave on an overnight hike each Wednesday, returning for lunch on Thursday.

**PIONEER SCHEDULE**—Pioneers rise at 7:30 am and go to bed around 9:30 pm. Pioneers leave for overnight hikes on the first Thursday of the session, and also on the second Tuesday.

**MOUNTAINEER SCHEDULE**—Mountaineers rise at 6:30 am for morning exercise, which is about a 2 mile run. Quiet hours start at 10:00 pm, but Mountaineers do not have a required bedtime. They learn very quickly that it is in their interest to go to bed at a decent hour! Mountaineers do an overnight hike on the first Tuesday of the session and then a two-night hike the second Monday of the session.

**AWARDS PROGRAM:** The Awards Program helps a camper excel, discover, grow, and develop skills and abilities. In each of the 10 Instructional Areas campers can earn a Basic, Advanced, and Master's award. Those who earn three Master's awards receive a Merit "D" award. Young men who earn 6 Masters receive an Honor "D" award. A Deerfooter who earns 6 Masters and demonstrates spiritual depth is eligible for Deerfoot's highest honor—membership in the "Lone Eagle Fellowship."

Achievement awards may be earned in the following instructional areas:

- Survival
- Handcraft
- Canoeing
- Wildlife
- Swimming
- Archery
- Fishing
- Riflery
- Campcraft
- Tripping

**PARTICIPATION POLICY:** All campers are expected to participate in camp activities and to live within DL's expression of Faith Heritage and Practice (available at the camp website) during their time at camp. When a camper is unwilling to participate or is significantly disruptive to other campers and/or the DL program (behavior, language, picking on others, etc.), the issue will be discussed with the disruptive camper and then his parents. Such behavior is unfair to those who come to camp to be away from these things. If the problem is not resolved quickly, arrangements will be made to have the camper return home. Campers may also be required to return home in the event of an injury that significantly limits participation, or expressions of emotional/psychological distress that warrants professional help.

**LAUNDRY:** Camp will do the laundry for any camper who stays longer than two weeks. Your name must be on the outside of your laundry bag and ALL clothing should be marked. Counselors/staff will take laundry to an offsite coin laundry.

**PROHIBITED:** Campers may not bring the following with them to camp: alcohol and tobacco/vaping products, illicit drugs, weapons, personal vehicles, pets, food, skateboards, electronic games, phones, or music players. Campers should call for approval about personal sports equipment, rifles, bows, and so on, or musical instruments.

Personal cameras are acceptable at your own risk, but multifunction cameras (such as smartphones or mp3 devices, for example) are prohibited. This is a rugged wilderness setting and cameras may be exposed to inclement weather.

# Staff

**SUMMER STAFF:** 60 of the finest young men we can hire come to Deerfoot Lodge to provide the needed leadership for the daily program. These men come from across the country, the majority with past Deerfoot experience, and all with hearts to be and to build godly young men.

**STAFF SELECTION:** The staff hiring process includes a written application, oral interview, and background checks. Most summer staff each year have prior Deerfoot experience and participate in training for counseling skills, spiritual development, and trail skills, as well as program and emergency procedures.

## SENIOR STAFF:

**Nick & Martha Dotti.** Chief Nick serves as Summer Camp Director at Blue Ridge. Nick is a Lone Eagle and has been a camper, staff member, work weekender, and is a camper dad. He even met his wife Martha at a Deerfoot work weekend. Prior to joining the Deerfoot team full time, Chief Nick served for 20 years in the US Army Special Forces leading teams of Green Berets on deployments around the world. Martha is our Blue Ridge Office Manager and Registrar. Nick and Martha are parents to Maggie, John, and Cate.

**Vicki Hamer.** Vicki is our Camp Health Center Manager. She is an emergency room nurse and a Certified Pediatric Nurse. Her sons, son-in-law and grandsons are all Deerfooters.

**Aaron Korman.** Aaron is the Full-time Facility Manager at Blue Ridge. Aaron started as a camper and then was on staff at Deerfoot Adirondack. He was the Assistant Facility Manager at ADK before being hired at Blue Ridge. Aaron is married to Liz and they are parents to David and Rebecca.

**Pete Landis.** Pete is our Food Services Director. He is a 3rd generation Deerfooter. Pete was a camper, guide leader, and spent several summers working in the kitchen at Deerfoot ADK. He ran the kitchen at Emmaus Bible College for 10 years before moving to Anderson, SC, where he owns the Corner Bagel Shop and serves as an elder at Concord Community Church. Pete is married to Suzi and they are parents to Whitney, Johnny (also camper and staffer), Molly, Lauren and Stephanie.

**Ron & Anne Mackey.** Chief Ron serves as Deerfoot's Executive Director, overseeing operations at both the Adirondack and Blue Ridge sites. Ron is a Lone Eagle and longtime camper and staff, he is an ordained minister with a Master of Divinity degree from Trinity Evangelical Divinity School in Deerfield, Illinois. He is married to Anne, who provides administrative support. Ron and Anne are parents to Emily, Abi, Sam, and Grace.

**CAMPER/STAFF RELATIONSHIPS:** The number of campers is designed for a 1:5 staff-to-camper ratio. Each of Deerfoot's three camper sections has a Section Chief who oversees the section staff and program. The Camp Director is employed full-time to encourage and guide campers and staff throughout the year.

# What to Bring

Two Deerfoot Lodge truths: "Everything that arrives new leaves old," and "A camper will probably wear only what he wants to wear at DL." We encourage you to have your camper pack himself. He will then know exactly what he has, where he put it, and why he brought it along. Be sure that everything is marked with your camper's name—a black laundry marker works best. One change of "school clothes" for banquet night and

church is sufficient. Layering to provide warmth is very important, and a wool sweater or fleece is essential for Mountaineers. Wool/fleece materials provide warmth even when wet and should be included in every camper's belongings. Cotton, when wet, will not keep anyone warm, and it dries slowly.

An old or inexpensive Bible in easy-to-read-English is best—NLT Bibles are available in the camp store. Sleeping bags should be rated at 30-40 degrees (F). Footwear, especially for hiking, should have good support and be well-broken in before arriving at camp. Campers will hike many miles of rough terrain. Good, broken-in hiking boots are a must! Campers may bring specialized sports equipment appropriate to Deerfoot Lodge and these will be kept with the DL equipment, but DL cannot assume responsibility for their safe return. These may include fishing and archery equipment. Campers are encouraged to bring musical instruments if they are able to play during the Sunday morning worship service.

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## WHAT TO BRING CHECKLIST **(mark your full name on everything!)**

- Storage trunk (We recommend a 23 gallon locker/plastic tote. A plastic base is very important, as it may be on the ground.)
- Bible, pencil or pen, and pad of paper
- Water bottle
- Flashlight and batteries Tip: Head lamps are popular.
- Laundry bag – Have name on the outside. We do not do camper laundry.
- Sleeping bag     Pillow
- 2 towels
- Shirts – 2-3 long-sleeve shirts & plenty of T-shirts.
- Shorts – 4-5 pair
- Socks – 6-12 pairs of socks (4 pairs of good hiking socks—not cotton).
- Swim suit – 2 pair
- Underwear
- Long pants – (jeans, sweatpants, etc).
- Jackets – Windbreaker-type jacket and hooded sweatshirt
- Good rain gear
- Shoes – Sneakers and hiking shoes with solid soles.
- Toilet articles – Comb, toothbrush, deodorant, biodegradable soap that floats (plain Ivory is the best option).
- Fleece sweater & cap – Recommended for all, essential for Mountaineers, Voyagers, & Guides.

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### Optional:

- |  |   |
|--|---|
| <input type="checkbox"/> Twin fitted sheet   | <input type="checkbox"/> Non-aerosol Bug Spray            |
| <input type="checkbox"/> Goldbond and/or foot powder   | <input type="checkbox"/> Close-toed sport sandal          |
| <input type="checkbox"/> Knife (folding and locking)   | <input type="checkbox"/> Flip flops/crocs for showers     |
| <input type="checkbox"/> Small day pack  | <input type="checkbox"/> Sleeping pad for overnight hikes |
| <input type="checkbox"/> Fishing Pole  |   |
| <input type="checkbox"/> Personal overnight pack (Deerfoot provides packs, but if you already have a good one, you're welcome to bring it) |   |

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