

## THE NITTY GRITTY OF THE 2010 4 'N 4 TRIP

The 4 'n 4 travel group is never out of reach of camp or Tony. The trip is equipped with staff cellular phones and a satellite phone for those hard to reach areas. Tony is in close contact with the trip every step of the way.

Our travel route has been carefully researched, modified and selected to ensure the safest yet most exciting areas of adventure. We have carefully outlined emergency procedures and identified the closest hospitals and medical centers for our groups.

Camp Echo Lake provides all meals, including restaurant outings. Spending money is reserved for each camper's personal choices. Supplying your child with a debit card is an easy and safe way for you to monitor your camper's spending. We recommend up to \$400 in spending money for the trip.

Parents are reminded that 4 'n 4 campers will be involved in an active program of orientation prior to departure. The physical demands of the 4 'n 4 program including travel, abrupt altitude changes, bright sun and outdoor camping require us to spend time on conditioning and getting prepared. It is not boot camp but it will get our campers ready for the more rugged terrain of the west.

We have learned that supplying your child with phone cards is easy and efficient. Due to a very busy schedule we cannot specifically identify times when your child will call you. However we encourage them to share their trip with you as often as possible. Calling them later in the evenings during hotel stays are typically your best bets.

Campers may arrange to visit with relatives along the way but these visits must be pre-arranged prior to the group's departure from CAMP. They need to be at the convenience and safety of the group-at-large. We must reserve the right to disallow these visits if it is not consistent with our program and time schedules. Campers should not leave the group to visit friends or relatives along the trip route. Please call the camp office if we may be of further assistance.

There is no Visiting Day at camp for 4 'n 4 campers. You will have contact frequently with your child as they travel across country. There are frequent opportunities for telephone calls home.

Make sure you have carefully followed the "gear and equipment list" previously provided in November and included in this emailing. Call if you need advice on any last minute items!

Please know that your child will still be involved in SV programming when they are in camp. Therefore, they **DO** need to bring their tennis racquets, gloves, roller-blades etc. to camp. They will need their green and gold t-shirts for Tribal, tournaments and inter-camps. The packing list provided in the November 4n4 e-mailing are the items campers will bring out west with them. Many of these items can already be found on the regular Cloz packing list and do not need to be brought additionally. For example, the 6-8 t-shirts that are recommended for 4n4 should come from the 14 t-shirts recommended on the Cloz packing list. We hope this clarifies any concerns regarding their packing needs this summer.

### **4n4 Gear Reminders**

Below you will find special information and purchasing instructions for the few but important required gear items for each camper. Please call us if we can be of further help as you review this information.

**Hiking Boots:** These will be used almost everyday for the first two weeks of the trip, including for horseback riding. They must have a heel and you've got to break them in prior to camp. Please encourage your camper to start wearing them now to eliminate the possibility of blisters and uncomfortable boots.

**Sleeping Bag:** Only fiberfill (polar guard or quall fill) bags will be allowed on the 4 'n 4. Down and cotton don't work well in wet mountain and river environments. Make sure your sleeping bag comes with a stuff sack and is comfort rated to 20 degrees Fahrenheit.

**4 'n 4 Duffel bag:** Campers will need their own duffel bag as close to 9000 cubic inches capacity. The "Rip Stop Duffel" is a good example and can be found on page 39 of the Cloz Catalog.

**Clothing:** Because our trip brings us through 12,000' mountain climates where summer snowfalls are not uncommon we **REALLY** urge you to include the following on your camp packing list:

- a. A fleece top and a wool sweater
- b. At least 2 pairs of wool or polypro socks
- c. A waterproof raincoat or poncho
- d. And long underwear of poly-pro or duo fold (not cotton).

## 4N4 GEAR/EQUIPMENT LIST

Please make sure that you carefully follow the gear and equipment list provided below. We have limited space for each camper's belongings. Please bear in mind that we have carefully field tested every item that we have recommended and feel that they will enhance your child's experience.

### **General clothing:**

- 6-8 t-shirts
- 2-3 pair shorts
- 1 long pants (jeans)
- 1 sweatpants
- 1 swimsuits (girls-1 piece only please)
- 10-12 pairs of underwear
- 4-6 socks
- Thermal or polypro long-underwear (top and bottom)
- Raincoat
- Light jacket (fleece, polypropylene, thermals etc.)
- 1 pair sneakers (tennis shoes)
- 1 pair river/water shoes (ex. Tevas)
- 2 towels (beach and bath)
- Lightweight pair of gloves

### **Hiking gear:**

- Daypack (for day hikes, metal frames are unnecessary; should be large enough to hold 2-3 days worth of clothes at a time when we spend multiple days at campsites)
- 2 Water bottles (Nalgene or Camelbacks)
- Hiking boots (see below)
- Winter hat (wool or fleece)
- Baseball cap
- 3 Hiking socks (wool or polypropylene)
- Sleeping bag (see below)
- Sleeping pad (MUST be able to roll or fold with something to tie it – Velcro, a sack, etc)
- Pillow (optional)

### **Toiletries (pack travel size only; if you run out, there are plenty of places to replenish)**

- Soap
- Shampoo
- Deodorant/Anti-perspirant
- Things to shave if necessary
- Toothbrush
- Toothpaste
- Personal hygiene products if necessary
- Sunscreen with mega SPF
- Insect repellent
- Q-tips
- Small mirror
- Nail clippers
- Tweezers

Lotion  
Facewash  
SMALL ditty bag to carry toiletries

**Suggestions**

Camera  
Music  
Books/magazines  
Journal  
Stationary to write home or to siblings at camp (paper, pen, envelope, stamps)  
Batteries (these go fast)  
Sunglasses (UV protection highly recommended)  
Flashlight/headlamp  
Chapstick with SPF  
Watch (with an alarm clock as you'll need to wake yourself up sometimes)