

National Youth Science Camp

Packing Checklist

This packing checklist was created to help you make good decisions about the clothing and equipment that you will pack for your stay at the National Youth Science Camp (NYSCamp). Personal space in the cabins is limited and so you should pack lightly while still being prepared for hot weather, cold weather, rainy days, formal banquets, bog slogs, etc. Sound like a challenge? It can be done and you can do it! Just carefully follow these thoughtfully crafted guidelines. And, get started packing early – you will regret starting less than two days before you travel!

Weather: The weather in the eastern mountains of West Virginia can be quite erratic and varied during the summer. Typical daily temperatures range from 50°F in the morning to 75°F by the mid-afternoon. While temperatures below 38.7°F are very rare, it is possible – snow has been reported previously in July! Rainfall, on the other hand, is fairly common with measurable precipitation every 4 or 5 days.

GUIDELINES

- **The NYSCamp is located within the *National Radio Quiet Zone* that protects the radio spectrum from interference for research at the Green Bank Observatory – mobile phones typically do not have service at Camp Pocahontas and immediately surrounding areas.**
- Your soiled laundry will be sent for cleaning by a local service about once every week or week and a half. All clothing (including underwear and individual socks) **must be plainly labeled with your name – poorly labeled items may not be returned with your personal laundry.** Sew-on tags or indelible ink work best; a regular Sharpie marker is ineffective. Misplaced clothing that is marked with your name can be returned most easily. Iron-on tags tend to fall off in the laundry, so we advise against these. **Only marked items will be accepted for laundering.** All items will be both washed and dried. With the exception of your dress clothes described below, if an item cannot go in a dryer, it would be best not to bring it. You will have at least one opportunity to send clothing to be dry-cleaned.
- Bed linens will be provided. **If you suffer from natural fiber-related allergies**, please bring your own blanket and pillow.
- Please plan your packing carefully. Because baggage charges vary by airline, please check with your airline to determine any restrictions and charges. **We do not cover expenses related to baggage – except for international participants (please keep your receipts to submit for reimbursement).** If you have any questions regarding what you may carry or check on the plane, please contact your airline or the Transportation Security Agency (www.tsa.gov) directly.
- Pay close attention to the Transportation Security Administration's (www.tsa.gov) current travel regulations; these regulations are outside of our control and can change unexpectedly.
- Securely attach a label with your name and home address on each piece of your luggage, including all of your carry-on items. Take a picture or write a note of each piece of your luggage and list an inventory of its contents. Keep this information when you travel. This is very important to have if any of your luggage is misplaced by the airline.
- You may want to consider packing a change of clothes in your carry-on bag (a small backpack, for example), just in case the airline misplaces your checked luggage.
- Because of close living arrangements, we do not permit the use of audio devices without headphones.
- The NYSCamp operates a small computer laboratory with Internet access. The computer laboratory will be open periodically so that you may access your E-mail or access the web to sign up for college classes. Do not bring your own computer; there is neither sufficient space nor network capacity.
- The NYSCamp covers almost every cost associated with your stay at the NYSCamp and so you do not need to bring much spending money to camp. You may, however, wish to purchase items at the Camp Store or souvenirs in West Virginia or Washington, DC. If you choose to bring money and valuables to NYSCamp, we will be happy to lock them up in the camp office when you do not need them. Please remember to bring enough cash or a debit or credit card to cover any baggage or shipping charges for your return flight. Again, these fees are set by the airline.

MISCELLANEOUS ITEMS

- _____ Government issued, photo identification (necessary for airline travel and admittance to sites in Washington, DC)
- _____ Two laundry bags (no metal parts – the bags will be washed too)
- _____ One draw-string/day bag for packing small items (such as when on the bus or in DC)
- _____ Sleeping bag (optional): if you have one and it will fit into a stuff sack for backpacking, please bring it if at all possible – we have backpacking sleeping bags for those of you who need them.
- _____ Headlamp
- _____ Writing materials (stamps are available at the Camp Store)
- _____ Mobile phone and charger (optional)
- _____ Camera or mobile phone with camera to document the magic of camp
- _____ Toiletries: particularly contact lens solution that we may not stock in the Camp Store.
- _____ Two bath towels
- _____ Washcloth or shower poof
- _____ Seminar presentation materials and other personal items (juggling “stuph”, Rubik’s Cube, etc.)
- _____ Sunglasses
- _____ Glasses straps
- _____ Sunscreen
- _____ Watch
- _____ Water bottle, or buy a “Limited Edition” one at the Camp Store
- _____ Bug repellent (with DEET): bugs (gnats, mosquitoes, ticks, etc.) aren’t too bad, but irritate some people.
- _____ **Telephone calling card** (two phones that require calling cards are available for use)
- _____ **Musical instruments** and sheet music! The music program at camp is very important!

OUTDOOR CLOTHES suitable for activities such as backpacking, caving, and rock-climbing. Layering clothes is often helpful in dealing with very cool mornings and warmer afternoons.

- _____ One pair of lightweight, loose-fitting pants for hiking. Avoid denim, as it gets very heavy when wet!
- _____ One or two comfortable lightweight shirts or t-shirts
- _____ Two warm sweaters or fleece over shirts (mornings and evenings can be quite cool)
- _____ One warm hat (especially important if your ears get cold easily)
- _____ Hiking shoes: We **strongly suggest** that you wear broken-in hiking shoes for outdoor trips. Shoes that have a wedged sole or running shoes do not give necessary support for feet or ankles. Hiking in tennis shoes or court shoes is strongly discouraged, but is a better solution than running shoes. If you feel compelled to buy new hiking shoes, **be sure to break them in before coming to camp!**
- _____ Three pairs of lightweight socks (avoid cotton) and
- _____ Three pairs of heavier hiking socks that will be worn over the lightweight socks to prevent blisters. Wool, nylon, acrylic, or similar blends are better than heavy cotton.

CASUAL CLOTHES suitable for in-camp activities (the kind of clothes you might wear around the house).

- _____ Six casual shirts or t-shirts, including at least two nice shirts (polo style, for example)
- _____ Two long-sleeved shirts or sweatshirts
- _____ Two pairs of jeans or casual pants, including a pair of nice khaki-style pants
- _____ Three pairs of shorts
- _____ Ten pairs of socks – at least (so that you’ll have an extra pair or two of dry socks when it rains)
- _____ Athletic shorts/shirts (if you intend to run in the mornings or play sports during the afternoon)
- _____ Underwear (enough for at least 10 days)

SPECIAL PURPOSE CLOTHES

- _____ Warm pajamas (sweats make great pajamas because the nights in the mountains are cool)
- _____ Swimsuit (in anticipation of opportunities to get wet)
- _____ Medium-weight jacket (again, synthetic fabric is best)
- _____ Rain jacket – it really does rain in West Virginia

SHOES

- _____ One or two pairs of comfortable, closed-toe shoes
- _____ Tennis shoes or boots for when you might get really dirty
- _____ Shower shoes
- _____ Sandals (Optional – Chacos, Keens, and Tevas are very popular among the “stuph” members)

