

# What to Wear and Bring to Coast Trek, Shore Shots, ArtSEA, Ocean Lab and Camp OCEANS – Gulf Stream

Summer weather in Wilmington is typically hot (85-100 degrees) and humid. MarineQuest activities are planned with this in mind and err on the side of caution by scheduling some indoor programs and having alternative plans to accommodate for rain or extreme heat.

## Commuters and Residential Campers for every day use:

- Waterproof sunscreen (SPF 15 +)
- Water bottle (2)
- Bug spray
- Small hand-held fan for use on bus (suggestion only)
- Bathing suit(s)
  - Girls should wear **modest swim suits** plus a t-shirt for sun protection
  - Boys should wear **swim trunks** plus a t-shirt for sun protection
- Hat with visor
- Towel for outdoor use
- Sweatshirt or light jacket/rain coat or poncho
- Full change of clothes in water-proof bag
- Water-proof bags for wet/dirty clothes
- Two pair of closed-toed field shoes
  - Water shoes
  - Old sneakers
  - Note that although the “croc” style clog with ankle strap is very popular campers have a difficult time keeping them on when we explore the marsh and it becomes a safety issue.
- **Commuters**- any necessary medicines must be clearly labeled with camper’s name and instructions for administering and must be handed directly to the counselor at the start of the day. It is the parent’s responsibility to ask for the return of the medicines at the end of the day. At no time should campers have possession of the medicines themselves.
- **Residential campers** must hand over medicines to the camp director at check-in.

## Residential Campers Only

- Bed linens
  - pillow
  - set of twin XL sheets
  - blanket or sleeping bag
- Two bath towels for dorm use
- Toiletry items including products to soothe sunburns or bug bites
- Five changes of field clothes
  - t-shirt
  - shorts
  - socks
  - underwear
- Five changes of everyday clothes
  - shirt
  - shorts and at least one pair of pants
  - socks
  - underwear
- One pair of every day summer shoes

## Optional Items

- Healthy snacks in sealed containers (We don’t want to attract ants in the dorm.)  
**Avoid snacks that contain peanuts for the safety of any fellow camper who has severe allergies**
- \$20 in spending money
- Waterproof camera
- Waterproof watch