

UNISTAR CHECK LIST

Summer weather in Northern Minnesota is hot, warm, chilly, cold, sunny, cloudy, damp, rainy, windy, calm and often all of the above in one week. Campers are advised to come prepared with clothing and equipment for cold nights, rainy days, and hot weather. Mostly come prepared for warm, beautiful sunny days in the beautiful Chippewa National Forest!

Below is a checklist of items that seasoned campers have found to enhance their experience.

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| <input type="checkbox"/> Bedding: <u>double sheets</u> for each person, <u>blankets or sleeping bags</u> | <input type="checkbox"/> Checkbook to pay your remaining balance and purchase UniStar shirts, etc. |
| <input type="checkbox"/> Double mattress pads | <input type="checkbox"/> Layers of clothing for warmth |
| <input type="checkbox"/> Pillow cases | <input type="checkbox"/> Waterproof shoes/boots & backpack for hikes |
| <input type="checkbox"/> Beach/bath towels | <input type="checkbox"/> Long pants and long-sleeved shirts/sweat shirts for warmth, bug and sun protection |
| <input type="checkbox"/> Allergy medications, epi-pen, etc. | <input type="checkbox"/> Long socks to pull over pants (ticks!) |
| <input type="checkbox"/> Plastic bags to cover luggage | <input type="checkbox"/> Raingear |
| <input type="checkbox"/> Insect repellent (mosquito/tick) | <input type="checkbox"/> Sun screen |
| <input type="checkbox"/> Beachwear, swimsuit | <input type="checkbox"/> Beach toys |
| <input type="checkbox"/> Soap & shampoo | <input type="checkbox"/> Earphones for listening to music |
| <input type="checkbox"/> Flashlights, batteries | <input type="checkbox"/> Games for rainy days |
| <input type="checkbox"/> Dish towels, hand towels | <input type="checkbox"/> Bath mat |
| <input type="checkbox"/> Groceries & beverages for social hour snacks | <input type="checkbox"/> Reusable water bottles |
| <input type="checkbox"/> Craft materials | <input type="checkbox"/> Reading materials (there is a nice little library) |
| <input type="checkbox"/> Fishing gear, license | <input type="checkbox"/> Musical instruments |
| <input type="checkbox"/> Book light | <input type="checkbox"/> Camera & accessories |

Important: Ticks are present during the entire camping season. The diseases they carry (Lyme disease, anaplasmosis, babesiosis, etc.) should be taken seriously. The CDC recommends using bug spray containing **at least 20% DEET** to repel ticks. Other types of bug spray may not repel ticks at all. Pre-treating a set of clothing and long socks with **Permethrin** can provide long-lasting protection. Some people purchase pre-treated clothing for hiking from outdoor stores. These items can retain their repellent properties for years.

A few further comments about living at camp:

- It can be quite cold. Bring enough covers and clothing to keep really warm.
- It can be quite hot & humid. Bring appropriate attire. There is no air conditioning (except Cass Lake, of course).
- Many beds at UniStar are double. Thus, many campers prefer double sheets and blankets to sleeping bags.
- There are no laundry facilities. You may need extra towels.
- If you plan to attend evening social hour, remember that's snacks & beverages for six evenings.
- Please help UniStar reduce waste by **not** bringing bottled water to camp! UniStar has an unlimited supply of carbon & particulate filtered water available for campers. Please bring a reusable water bottle instead.

RELAX & ENJOY!