



FUTURE LEADER CAMP

Uniform Sizing and Information Form

This form will be used to order your uniforms for camp. Please ensure that all the information is accurate.

Participants Full Name (Printed)	Session
	I or II <small>Circle Session</small>

Measuring for Proper Pant Size: To determine waist size measure around the narrowest area of the natural waist. To determine proper length measure the inseam along the inside of the leg from the crotch to the bottom of the ankle (just below ankle bone). Write in the waist and inseam sizes in the boxes below, i.e., [M] [R] = Medium (waist) Regular (inseam). [L] [XL] = Large (waist) X-Long (inseam).

PANTS	XS	S	M	L	XL	2XL	3XL
WAIST	23"-27"	27"-31"	31"-35"	35"-39"	39"-43"	43"-47"	47"-51"

PANTS	SHORT (S)	REGULAR (R)	LONG (L)	X-LONG (XL)
INSEAM	26 1/2"-29 1/2"	29 1/2"-32 1/2"	32 1/2"-35 1/2"	35 1/2"-38 1/2"

Measuring for Proper Shirt Size: To determine proper shirt size measure under the arms and around the chest. With the arms relaxed at sides, measure around the fullest area of the chest keeping the tape measure parallel to the floor. Write in the size (S, M, L, etc.) in the box below.

SHIRT	XS	S	M	L	XL	2XL	3XL
Chest Size-Inches	29"-33"	33"-37"	37"-41"	41"-45"	45"-49"	49"-53"	53"-57"

Measuring for Proper Hat Size: To determine proper hat size measure around the head above the ears and eyebrow ridges. Remember...if you cut your hair after measuring it may influence the proper fitting of the hat. Write in the proper hat size (XS, S, M, L or XL) in the box below.

HAT	XS (6 3/4)	S (7)	M (7 1/4)	L (7 1/2)	XL (7 3/4)
Head Size Inches	20 1/2 – 21 1/8 "	21 1/2 – 21 7/8 "	22 1/4 – 22 5/8 "	23 – 23 1/2 "	24 – 24 3/8 "

WAIST

XS, S, M, L, XL, 2XL or 3XL

INSEAM

S, R, L or XL

SHIRT SIZE

XS, S, M, L, XL, 2XL or 3XL

HAT SIZE

XS, S, M, L or XL

This form must be returned with a \$250 deposit to secure the participants spot in the program and order their uniforms. The deposit is non-refundable and included in the program cost.

Phone (802) 485-2531 • FAX (802) 485-2739 • flc@norwich.edu

Hiking Boots (Lightweight): To help prevent blisters and potential ankle injuries during training participants should arrive with a pair of “broken-in” hiking boots. We recommend a lightweight boot made of synthetic materials, as the boot will dry faster should it become wet.

The “boot” should be primarily brown, black or grey in color and at least ankle high (also called ‘mid’) to provide support. The boots should provide good traction for rappelling, climbing and hiking over rough terrain.

We recommend visiting a store to try them on to ensure proper fit and comfort. Please remember to fit the boot while wearing a lightweight boot sock and purchase your socks at the same time. There are also a number of online sites that provide instructions for determining proper fit.

No matter where you decide to purchase the boots, take some time to research the different styles and read online reviews before making your selection. Brand and/or price are not always the most important factors. Fit and comfort are, as you will be wearing these boots almost daily.



Back Pack: Again, brand and price are not the most important factors! The back pack will be used to carry MREs (Meals Ready to Eat), a change of socks, a small towel, and occasionally a sweatshirt and change of clothes. It is not necessary to purchase an expensive backpack that will accommodate the sleeping bag and pad, as these items will be transported by vehicle to our camp site. Your school book bag or a “day-pack” that is in the 1500 to 2000 cubic inch range will work just fine.



Hydration: We spend most of our days outside and so hydration is extremely important and constantly monitored. CamelBak, BPA and other companies make a number of products to include Hydration Packs, Insulated Water Bottles and Canteens. We recommend something in the 25 to 50 oz. range. While water is available at all training sites participants need to have water with them at all times. Hydration packs and canteens should be able to be carried while wearing the backpack.

