

Outdoor Adventures

Packing List

Basic trip equipment (backpacks, tents, group cooking gear, life jackets) is supplied by YMCA Camping Services. A list for packing your personal equipment is detailed below. Amounts listed second are for two week trips:

1 (2) Synthetic Long Underwear Top	1 Pair of Sandals w/ heel strap	1 Toothbrush
1 (2) Synthetic Long Underwear Bottom	1 Sleeping Bag (30° suggested)	Small Tube Toothpaste
1 Heavyweight Non-Cotton Long Sleeve Top i.e. fleece	1 Sleeping Pad	1 Bandana
1 Non-cotton long pants	1 Pair of Sunglasses w/ Retainer	1 Comb/Brush
5 (7) T-shirts/Lightweight Shirts	1 Wide Brim Hat	Personal Medications
2 (3) Shorts (Quick Drying Fabric)	1 Small Notebook	<i>Optional Camera</i>
1 Waterproof Rain Jacket & Pants	1 Mechanical Pencil	
6 (10) Underwear	1 (2) Insect Repellent (non spray)	
6 (10) Socks – Wool or Synthetic or Blend	1 (2) Sunscreen (15 SPF minimum)	
1 Winter Hat and Gloves	Plain White T-shirt (<i>to customize</i>)	
2 Swim Suits (1 piece for females)	Essential!!	
1 Small Flashlight & extra Batteries	2 32oz Nalgene Water Bottles	

*Water Shoes (required for Calf Island and East Coast Adventures)

**1 Pair of Sneakers (Hiking boots w/ ankle support for Appalachian Trek – must fit well and be broken in!)

****Additional items for time spent in camp:* Campers will be spending two nights of each one week session and four nights of each two week session in camp. Campers should therefore pack two to four sets of non-trip clothes, two towels, a pillow and toiletries. Campers may also choose to pack sheets and a blanket for use in camp, however, they must have a sleeping bag for the trip.

Everything on this list serves a specific and important purpose, if you have any questions or concerns please feel free to call us at 877-30-YCAMP or 845-858-2200.

What Not to Bring - Please do NOT bring the following items to camp:

- Cash
- Jewelry
- Electronic games
- CD's with warning labels
- Walkmans, MP3 players, ipods and radios are not recommended and will only be allowed to be used in the cabin at limited times.
- Cell phone/beeper/computer/2-way radios (walkie talkies)
- Pocket knives
- Cigarettes/drugs/alcohol (Possession of these items will result in a child being sent home. They are illegal and will not be tolerated. Possession of such items may result in the local authorities being notified.)

Please Note:

- Campers will also be responsible for carrying group gear in addition to their own.
- Luggage space is limited so please do not bring additional clothing not in the above list.
- No food should be brought to camp, or kept in the tent or in a backpack during the trip as this may encourage mice, raccoons, skunks to chew through your tent or backpack.