



# FROST VALLEY YMCA Adventures

## Adventure Village

### Packing List

**\*\*BE SURE TO LABEL ALL PERSONAL GEAR WITH YOUR FULL NAME\*\***

#### Clothing – While at Camp

*Laundry is not provided –please pack enough clothes.*

- Synthetic long underwear top & bottom
- Sweatshirt (or fleece, see below)
- Pants
- Long sleeve shirt
- T-shirts
- Shorts
- Pajamas
- Belt
- Waterproof rain jacket & pants (no ponchos)
- Loose-fitting underwear
- Socks
- Hat with good sun-protection
- Winter hat
- Swim suit & towel
- Pair of hiking boots\*
- Pair of sturdy sneakers\*
- Pair of water shoes\* (old sneakers or sport sandals with covered toe and ankle strap are fine)

#### Clothing – While on Mini-Trip

- 1 fleece (or non-cotton equivalent)
- 2 non-cotton T-Shirts
- 1 Pair non-cotton pants
- 1-2 Pair non-cotton shorts
- 3 Pairs wool or polypro socks

#### Essential Items

- Day Pack (school backpack size)
- Sleeping bag & stuff sack (30 degree or lower – must pack small)\*\*
- Sleeping pad (must pack small)\*\*
- Mug, bowl, and spoon
- Headlamp with extra batteries
- 1 Nalgene (or similar) water bottles (32 oz.)
- Toothbrush and travel-sized toothpaste
- Pre-addressed postcards & stamps to write home!
- Comb or brush
- SUNSCREEN (30 SPF min.)

#### Preferred Items

- Small insect repellent
- Sunglasses with retaining cord
- Bandana
- Small pack towel

#### Convenience Items

- Lip balm
- Journal and pencil
- Book (the paper kinds), cards, etc.
- Laundry bag
- Pillow & sheet/blankets
- Baseball glove, musical instrument, etc.
- Costumes (for fun!)

**\*PLEASE BREAK SHOES IN BEFORE CAMP TO PREVENT BLISTERS**

**\*\*ITEMS CAN BE BORROWED FROM FROST VALLEY UPON REQUEST**

Proper clothing and equipment are essential to prevent safety issues such as sprained ankles, sunburn, hypothermia, and blisters. Campers must have the essential gear listed in order to safely participate in Adventure Village activities and mini-trips. Adventure Village will participant in outdoor activities rain or shine. Therefore, having non-cotton, quick drying clothing that retains heat even when wet is important. In addition, Adventure Village campers sleep in platform tents and drying out clothing and equipment can be difficult during wet weather. Please leave personal electronics, such as iPods, computers and cell phones at home!

If you have any questions or difficulty finding the appropriate equipment, please do not hesitate to contact us. From the moment you think about a summer experience with us to long after your amazing camping experience is complete, Frost Valley Adventures is a partner to be called upon for any question or concern, big or small. You can reach us at the Adventure Trips office at (845) 985-2291 ext. 265 or e-mail us at [adventure@frostvalley.org](mailto:adventure@frostvalley.org).

