



# FROST VALLEY YMCA Adventures

## Long Trail Backpacker Packing List

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

### Clothing

*Laundry is not provided.*

- 1 Synthetic long underwear top
- 1 Synthetic long underwear bottom
- 2 Heavyweight non-cotton top (fleece)
- 2 Non-cotton pants
- 1 Long sleeve cotton/poly blend shirt
- 4-5 T-shirts (non-cotton preferred)
- 4- 5 Shorts (quick drying fabric)
- Waterproof rain jacket (no ponchos)
- Waterproof rain pants
- Loose-fitting synthetic underwear
- 4-6 Wool or poly-blend socks
- Hat with good sun-protection
- Winter hat
- Pair of hiking boots\* (above ankle)
- Pair closed toed shoes (Crocs, Keens, or Sneakers) to change into when done hiking.

### Essential Items

- Backpack – 3,000 to 4,000 cubic inch (55-65 liter) capacity with hip belt\*\*
- Sleeping bag & stuff sack (30 degree or lower – must pack small)\*\*
- Sleeping pad (must pack small)\*\*
- Mug, bowl, and spoon
- Headlamp with extra batteries
- 2 Nalgene (or similar) water bottles (32 oz.)
- Toothbrush and travel-sized toothpaste
- Showering items (shampoo, soap, towel etc...)

### Preferred Items

- Small sunscreen (30 SPF min.)
- Small insect repellent
- Sunglasses with retaining cord
- Bandana

### Convenience Items

- Lip balm
- Comb or brush
- Book, cards, etc.
- Journal and pencil
- Waterproof camera

**\*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 on the trip. 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 trip to long after your amazing Adventure Trip 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 email us at [adventure@frostvalley.org](mailto:adventure@frostvalley.org).

2000 Frost Valley Road, Claryville, NY 12725 **TEL:** 845-985-2291 ext. 265 **FAX:** 845-985-7925  
**EMAIL:** [adventure@frostvalley.org](mailto:adventure@frostvalley.org) **WEB:** [frostvalley.org](http://frostvalley.org)