



FROST VALLEY YMCA Adventures

# Adirondack Trail Builders Packing List

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

## Clothing

*Laundry is not provided*

- 2 Heavyweight non-cotton top (fleece)
- 2 Non-cotton work pants
- 1 Long sleeve cotton/poly blend shirt
- 4-6 Work t-shirts (non-cotton preferred)\*
- 4-6 Work shorts
- Waterproof rain jacket (no ponchos)
- Waterproof rain pants
- Loose-fitting underwear
- 3-5 Socks
- 4-6 Pair wool or polypro socks
- Hat with good sun-protection
- Winter hat
- Pair of work boots or sturdy hiking boots\*
- Pair of comfortable sneakers or shoes\*

## Essential Items

*All items on this list can be borrowed from Frost Valley*

- Backpack (55-65 liter capacity with hip belt)
- Sleeping bag (30 degree or lower – must pack small)
- Sleeping pad (must pack small)
- Mug, bowl, and spoon
- 1 Nalgene (or similar) water bottles (32 oz.) (Need two but will receive one from Frost Valley when you arrive)

## Essential Items

- Duffle Bag (Carry Clothes needed for 1 week)
- Headlamp or flashlight with extra batteries
- Toothbrush and travel-sized toothpaste
- Toiletries
- Comb or brush
- SUNSCREEN (30 SPF min.)
- Small insect repellent
- Sunglasses with retaining cord
- Laundry bag

## Convenience Items

- Bandana
- Winter Hat
- Small pack towel
- Lip balm
- Journal and pencil
- Book (the paper kinds), cards, etc.
- Baseball glove, musical instrument, etc.

**\*SOME CLOTHING SHOULD BE EXPENDABLE – THEY MAY BECOME MARRED WHILE WORKING**

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

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 Catskill Backpacking trip. The trip will run rain or shine so, having non-cotton, quick drying clothing that retains heat even when wet is important. 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 office at (845) 985-2291 ext. 265 or e-mail 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