



FROST VALLEY YMCA

Adventure Survival Camp Packing List

Provided for you

The following gear will be issued to participants by Frost Valley YMCA for use for the duration of the camp:

- Four seasons sleeping bag and liner
- Head lamp
- 40 ltr ruck sack and waterproof liner
- Metal mug & spoon
- Water bottle
- Survival knife with fire starter

Packing List -

this will all help you to survive! Please note, all of the clothing and equipment that you bring must be appropriate to the environment and the time of year. The days are warm and the nights are cool. Always be prepared for less than stellar weather. This program does not stop for rain.

- 1 pair of rigid mountain boots or similar with ankle support
- Long pants (lightweight)
- Base layer and outer (lightweight)
- Thick fleece / light jacket
- Hat (optional)
- Gloves for climbing and handling rope
- Water and windproof pants and jacket
- Waterproof note book and pencil
- Sunglasses (optional)
- Casual clothes (spares, including footwear)
- Personal toiletries
- Bug Spray
- Sunscreen
- Wool or quick dry socks (8 pairs)
- Towel
- Camera (in a waterproof bag)
- ...and a bag full of positive attitude!

We will have a base camp for most of your gear to be kept.
Your entire packing list doesn't need to fit in a pack on your back.

2000 Frost Valley Road, Claryville, NY 12725 **TEL:** 845-985-2291
EMAIL: info@frostvalley.org **WEB:** frostvalley.org