FROST VALLEY YMCA

ADVENTURE TRIP PACKING LIST

Adventurer-In-Training

Clothing

Laundry is not provided during the trip.

- 2-3 Heavyweight non-cotton top (fleece)
- 3-4 Non-cotton pants
- 2 Long sleeve cotton/poly blend shirt
- 6-8 T-shirts (non-cotton preferred)
- 4-6 Shorts (quick drying fabric - at least 3 pair should be padded or bike friendly)
- Swim suit and rash guard
- Waterproof rain jacket (no ponchos)
- Waterproof rain pants
- Loose-fitting synthetic underwear
- 8-12 sets of socks
- Hat with good sun-protection
- Pair closed toed shoes (sturdy sneakers or hiking boots) for hiking
- Pair of water shoes (Old sneakers, sandals with closed toe and heel strap, etc)

Essential Items

Items on this list can be borrowed from Frost Valley

- Sleeping bag (30 degree or lower – must pack small)
- Backpack (65-70L with hip belt)
- Sleeping pad (must pack small)
- Mug, bowl, and spoon
- 1 Nalgene (or similar) water bottles (32 oz.)
- 1 self-filtering water bottle

Essential Items

Not borrowed from Frost Valley

- Pillow + Sheets + Towels
- Day pack (school backpack sized)
- Headlamp or flashlight with extra batteries
- Toothbrush and travel-sized toothpaste
- Toiletries (travel size)
- Comb or brush
- SUNSCREEN (30 SPF min.)
- Small insect repellent
- Sunglasses with retaining cord
- Laundry bag

Personal or Convenience Items

- Bandana
- Winter Hat (can get chilly at night)
- Small pack towel
- lip balm
- Journal and pencil
- Book (the paper kinds), cards, etc.
- Baseball glove, musical instrument, etc.
- Camera (no phones)

***BE SURE TO LABEL ALL PERSONAL GEAR WITH YOUR FULL NAME**
***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 this 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, smart watches, 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 email us at adventure@frostvalley.org.

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