FROST VALLEY YMCA

ADVENTURE CAMP PACKING LIST

ADVENTURE RAMBLERS

Clothing

Laundry is not provided

- 2 Heavyweight non-cotton top (fleece)
- 2 Non-cotton pants
- 1 Long sleeve cotton/poly blend shirt
- 4-5 T-shirts (non-cotton)
- 4- 5 Shorts (quick drying fabric)
- Waterproof rain jacket (no ponchos)
- Waterproof rain pants
- Underwear
- 4-6 Wool or poly-blend socks
- Hat with good sun-protection
- Pair of hiking boots* (above ankle)
- Pair comfortable closed-toed shoes* (Sneakers or sandals to change into when done hiking)

Essential Items

Items on this list can be borrowed from Frost Valley

- Backpack – 55-65 liter capacity with hip belt
- Pillow & pillow case
- 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)

Personal and Convenience Items

- Duffle Bag (Carry Clothes needed for 1 week)
- Headlamp or flashlight with extra batteries
- Toothbrush and travel-sized toothpaste
- Toiletries and towel
- Comb or brush
- Winter hat
- SUNSCREEN (30 SPF min.)
- Small insect repellent
- Sunglasses with retaining cord
- Laundry bag
- 5-6 masks (cloth or disposable)
- Small hand sanitizer
- Bandana or Buff
- Small pack towel
- Lip balm
- Journal and pencil
- Book (the paper kind), cards, 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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