FROST VALLEY YMCA

ADVENTURE CAMP PACKING LIST

Adventure Village

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

Clothing

Laundry is not provided. These are the numbers that we suggest for two-weeks.

- 2 Sweatshirts or fleeces
- 3 pairs of long pants
- 1-2 pair of sweatpants (you must have a warm top and bottom layer)
- 2 Long sleeve shirts
- 6-8 T-Shirts
- 4-6 Shorts
- Pajamas
- Clothes (shirts and pants) that you are okay with getting muddy/dirty
- Waterproof rain jacket (no ponchos)
- Waterproof rain pants
- 12-14 pairs Underwear
- 8-10 pairs Socks
- Hat with good sun-protection
- Pair of hiking boots** (above ankle)
- Pair of sturdy sneakers**
- Pair of water shoes** (must have closed toe and ankle strap)
- Bathing suit and rash guard

Clothing - While on Mini Trip

- 1 fleece (or non-cotton equivalent)
  Why no cotton?
- 2 non-cotton T-Shirts
- 1 Pair non-cotton pants
- 1-2 Pair non-cotton shorts
- 3 Pairs wool or polypro socks

What to pack in?

- Plastic trunk (preferred) or duffle bag or suitcase and label with camper name

Essential Items - For Mini Trip

Items on this list can be borrowed from Frost Valley; no early reservation necessary

- Backpack – 55L-65L capacity with hip belt
- Sleeping bag (20-40 degree ideal – must pack small)
- Sleeping pad (must pack small)
- Mug, bowl, and spoon
- 1 Nalgene (or similar) water bottles (32 oz.) Need 2 for trip but will receive 1 at camp

Essential Items - While at Camp

- Day Pack (school backpack size)
- Sleeping bag (can be the same as mini trip sleeping bag) or twin sheet set
- Pillow
- Towels (for waterfront and for showering)
- Laundry bag
- Toiletries (Shower supplies, toothbrush and paste, etc)
- Comb or brush (if needed)
- Sunscreen (30 spf min.)

Personal Items - While at Camp & on Mini Trip

- Headlamp or flashlight with extra batteries
- Small insect repellent
- Sunglasses with retaining cord
- Small hand sanitizer
- Lip balm
- Books (paper kind), card games, musical instrument, etc
- Journal and pencil
- Camera (no phones)
- Bandana or Buff (can be used as a washcloth on mini trip)
- Small pack towel (for mini trip)

***You MUST bring a warm top and bottom layer.**

Adventure Program participants sleep in tents and it does get colder at night in the mountains. Warm layers will be essential to campers enjoying their time in the program.

****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. Contact information is provided below.

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