

GROUP & FAMILIES PACKING LIST

For All Seasons

- Phone Card
- Flashlight
- Sturdy, comfortable shoes for hiking and walking around. Many of our programs require closed toed shoes that fit snug to your foot.
- Camera
- Journal
- Toiletries
- Towel & Washcloth
- One full outfit per day, plus one extra (in the event you get wet and need dry clothes)
- Layers! It is typically 10 degrees cooler in the Catskills than in your area. While it may get quite warm during the day, the mornings and evenings can be quite cool.
- Rain Coat/ Rain Pants - many of our activities will continue, even if it's raining. Come prepared to be outside and you'll be able to enjoy all that Frost Valley has to offer.
- Hat
- Extra Socks
- Sleeping Bag or Twin Size Linens for your bed (Linens are provided for Lakeview Lodge, the Forstmann Castle & The Friendship House)
- Pillow & Pillow Case
- Backpack
- Water Bottle
- A Folding Camp Chair
- Matches

For Cold Weather

- Even more layers! Fleece and Wool are excellent companions in the winter - they will keep you warm and dry. Avoid Cotton fabrics if at all possible.
- Winter Jacket
- Snow Pants
- Long Underwear (2 pair)
- Wool Socks
- Snow Boots
- Gloves & Mittens (2 pair)
- Winter Hat (2)
- Scarf
- Sled

Frost Valley YMCA is not responsible for any lost, stolen, or damaged items.

Please leave expensive cameras, electronics, phones etc... at home.