

# TEAMBUILDING PACKING LIST

Most of the program takes place outside, whether it is sunny and warm, rainy, or snowing. It is important to have functional and comfortable clothing. The weather often changes throughout the day, so layers are the most useful.

## **Required**

- Sturdy shoes for hiking, climbing, playing games
- Boots
- Extra socks
- Comfortable pants and shirts
- Fleece or sweatshirts
- Rain jacket or poncho
- Cold weather jacket (as needed)
- Hat & gloves
- Water bottle
- Daypack or Bookbag
- Notebook & Pen/Pencil
- Toiletries

## **Optional**

- Flashlight or headlamp
- Binoculars
- Camera
- Extra Batteries

## **Things to Leave at Home**

- Electronics - including:
  - Cell phones
  - iPods
  - Computers
- Knives
- Valuables that cannot be easily replaced

**Frost Valley YMCA is not responsible for any lost, stolen, or damaged items.**  
Please leave expensive cameras, electronics, phones etc... at home.