



FROST VALLEY YMCA Adventures

# Rocks and Ropes Packing List

## Clothing

*Laundry is not provided*

- Synthetic long underwear top & bottom
- 2 fleece (or non-cotton equivalent)
- 2-4 non-cotton T-Shirts
- 1 Pair non-cotton pants
- 2-4 Pair non-cotton shorts
- 2 Pairs wool or polypro socks
- 2-4 Pairs of basic socks
- Pajamas
- Belt
- Waterproof rain jacket & pants (no ponchos)
- Loose-fitting underwear
- Hat with good sun-protection
- Winter hat
- Pair of hiking boots\*
- Pair of sturdy sneakers\*

## Essential Items

- Duffle Bag (Carry Clothes needed for 1 week)
- Sleeping bag & stuff sack (30 degree or lower – must pack small)\*\*
- Sleeping pad (must pack small)\*\*
- Mug, bowl, and spoon
- Headlamp with extra batteries
- 1 Nalgene (or similar) water bottles (32 oz.)
- Toothbrush and travel-sized toothpaste
- Comb or brush
- SUNSCREEN (30 SPF min.)

## Preferred Items

- Small insect repellent
- Sunglasses with retaining cord
- Bandana
- Small pack towel

## Convenience Items

- Lip balm
- Journal and pencil
- Book (the paper kinds), cards, etc.
- Laundry bag
- Baseball glove, musical instrument, etc.

**\*PLEASE BREAK SHOES IN BEFORE CAMP TO PREVENT BLISTERS**

**\*\*ITEMS CAN BE BORROWED FROM FROST VALLEY UPON REQUEST**

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 the Rocks and Ropes 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 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 e-mail us at [adventure@frostvalley.org](mailto:adventure@frostvalley.org).