



# FROST VALLEY YMCA ADVENTURE TRIP PACKING LIST WHITE MOUNTAINS HIKE AND CLIMB: Young Women's Confidence Trip

## 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 preferred)
- 4-5 Shorts (quick drying fabric)
- Waterproof rain jacket (no ponchos)
- Waterproof rain pants
- Loose-fitting synthetic underwear
- 4-6 Wool or poly-blend socks
- Hat with good sun-protection
- Pair of hiking boots\* (above ankle)
- Pair closed toed shoes (Sneakers) to change into when done hiking or if boots break

## Essential Items

*Items on this list can be borrowed from Frost Valley*

- Backpack – 55-65 liter capacity with hip belt
- 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)

## Essential Items

*Not borrowed from Frost Valley*

- Duffle Bag (Carry Clothes needed for 1 week)
- Headlamp or flashlight with extra batteries
- Toothbrush and travel-sized toothpaste
- Toiletries
- Comb or brush
- SUNSCREEN (30 SPF min.)
- Small insect repellent
- Sunglasses with retaining cord
- Laundry bag

## Personal or Convenience Items

- Bandana
- Winter Hat
- Hat or Baseball cap
- Small pack towel
- lip balm
- Journal and pencil
- Book (the paper kinds), cards, etc.
- Baseball glove, musical instrument, 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](mailto:adventure@frostvalley.org).