



FROST VALLEY YMCA

ADVENTURE TRIP PACKING LIST

ADIRONDACK HIKE AND CLIMB

7th-8th ADK HC, BIPOC Empowerment,
and Young Women's Confidence trips

BE SURE TO LABEL ALL PERSONAL GEAR WITH YOUR FULL NAME

Clothing

Laundry is not provided

- 2 Heavyweight non-cotton top (fleece)
 - [Why no cotton?](#)
- 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

Not borrowed from Frost Valley

- Duffle Bag - Carry Clothes needed for 1 week. This bag stays at camp to store items and clean clothes campers do not take on their trip.
- Trekking poles - optional but very helpful while backpacking
- 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

Essential Items

Items on this list can be borrowed from Frost Valley, no need for an advanced reservation.

- 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

Personal or Convenience Items

- Bandana
- Winter Hat
- Hat or Baseball cap
- Small pack towel
- lip balm
- Journal and pencil
- Book (the paper kind), cards, etc.
- Camera (no phones)

***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 participants 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. You can reach us at the Adventure office at (845) 985-2291 ext. 265 or email us at adventure@frostvalley.org.

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