FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Suggested Packing List for all Outdoor Center Programs

Day Pack

Quantity	Item	Notes	Packed
It is highly suggested all participants bring a **day pack** to camp containing the following items:			
1	Hat	Wide brim, baseball cap, etc....	
2	Water Bottles		
1	Sun Screen	SPF 30	
1	Insect Repellent		
1	Sweatshirt or Fleece		
1	Rain Jacket		
1	Personal Medication if applicable	Inhaler, Epi-Pen, etc....	

Main Bag: If staying overnight

Quantity	Item	Notes	Packed
Shoes: Participants are required to wear closed toed shoes while outdoors at YMCA of the Pines			
1	Old pair of shoes/sneakers	These will get wet and muddy	
1	Walking shoes/sneakers		
1	Flip Flops	To use in the shower	
Sleeping			
1	Sleeping Bag		
1	Pillow		
1	Pajamas or comfy clothes to sleep in		
1	Thermals (set)	Depending on season	
1	Flashlight	Headlamp is best if available	
1	Towel		
1	Washcloth		
1	Toiletries bag containing – Toothbrush, Toothpaste, Soap and Shampoo		

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YMCA OF THE PINES
EXPLORE. GROW. THRIVE.

Clothing: Durable, Sun Smart and appropriate for the season. Participants will be spending a large amount of time outdoors in a variety of weather conditions.			
1 pair per day	Socks and Underwear		
2	Shorts		
2	Pants		
2	Short sleeve shirt		
1	Long sleeve shirt		
1	Sweatshirt or Fleece		
1	Light Jacket or Heavy Coat	Depending on season	
1	Bathing Suit	Depending on season	

Optional	
Camera	Sunglasses
Please Do Not Bring	
Mobile Phones: YMCA of the Pines believes participants should take the opportunity to unplug and focus on enjoying the outdoor experience. To help make this happen we ask that participants leave their mobile phones at home.	
Valuable Items: Bringing items of significant value to camp is strongly discouraged	