

Youth Adventure Camp in the Catskills

Packing List

Clothing (includes attire for first day)

- 1 lightweight beanie hat (quick drying wool, fleece, synthetic)
- 1 baseball cap (quick drying)
- 1 bike helmet (cycling gloves, cycling glasses or cleated cycling shoes if you have)
- 1 pair of lightweight gloves
- 1 waterproof breathable shell, light waterproof jacket or poncho
- 1 long sleeve board shirt or wet suit top for tubing and swimming if water is chilly
- 1 lightweight fleece top
- 1 hooded sweatshirt (can be cotton)
- 5 t-shirts (quick drying)
- 5 pairs underwear (preferably quick drying)
- 2 pairs comfortable hiking shorts (quick drying, not heavy cotton cargo shorts. Sports shorts, board shorts or old bathing suits are fine)
- 1 pair convertible hiking pants that change from pants to shorts (quick drying) or light wind pants (something comfortable to hike in)
- 1 additional pair of pants, either wind pants or sweatpants (can be cotton)
- 1 pair waterproof pants (Gore Tex or other) - optional
- 1 swimsuit
- 6 pairs socks (thin, quick drying, non-cotton)
- 1 pair BROKEN IN hiking boots (light day hikers, mid ankle height, preferably waterproof)
- 1 pair sneakers to wear around the camp & to play ball
- 1 pair water shoes or old sneakers (no flip flops, must stay on feet during tubing and rafting)

Personal Items

- Small toiletry bag or zip lock preferably with a hook or loop to hang up
- Toothbrush, toothpaste & floss
- 1 bar of soap in holder or bag
- Shampoo in small container
- Personal medication
- Sunscreen
- Lip balm with sun protection
- Bug repellent (we prefer all natural non-DEET products such as Repel)
- 1 quick drying towel (avoid cotton bath towels. This one from REI is easy to pack, dries quickly, doesn't get all smelly and has a loop to keep it off the bathroom floor - <http://www.rei.com/product/783079>)
- Glasses, contacts, solution (bring backup glasses if wear contacts)
- Strap (Croakies) for glasses while in the water
- 1 sleeping bag rated down to 40 degrees in stuff sack or strapped tight
- 1 sleeping bag pad in stuff sack or strapped tight
- 1 spork (spoon, knife, fork combo similar to this <http://www.rei.com/product/784706>)
- 1 small pillow or a zippered pillow cover that can be stuffed with clothing
- 1 daypack (approx 1000 cu in. preferably with room for a 2-liter hydration bladder. A school bag may suffice. Should be large enough to hold shell, pants, fleece, socks and lunch.
- A 2-liter hydration bladder for the daypack or two 1-liter bottles (Nalgene or other)
- 1 headlamp with extra batteries (this is a good one <http://www.rei.com/product/791312>)
- 3 zip lock bags, gallon size
- Notebook, pens, reading materials, compass (if you have one) – optional
- Spending money for souvenirs, dessert in towns, etc
- Camera

What Not To Bring

- Electronics (cell phones, ipods, Game Boys, etc), deodorant, knives