

National Parks and Water Sports 2009 Equipment List

Necessities

Sleeping Bag that packs small, stuff sack and pillow.
Sleeping Pad (*foam or thermarest type that rolls up small*)
1 Pair Long Pants and 2 -3 pair Shorts
1 Warm long sleeved fleece or sweater
1 Sweatshirt
1 Warm hat: (*camping at night can be windy and cool*)
Swim suit (*appropriate coverage needed, inappropriate swimwear will result in having to wear a t-shirt over swimwear*)
Lots of Sunscreen
Sunglasses
Chapstick with sunscreen in it
Hat/Visor
1 Large towel, 1 small towel
5-6 T-Shirts or tank tops (*no spaghetti straps or revealing clothes allowed*)
Toiletries (*travel size products only*)
Underclothing and socks for 7 days.
1 Pair of sturdy sneakers or light hiking boots
1 Pair of Sandals.
1 small trash bag or laundry bag
A few small plastic bags
Water bottle (*Minimum size is 1 liter, please make sure it is not a flimsy throw away type*)
Flashlight and extra batteries (*A head lamp can be very useful but not required*)
Small daypack/backpack (*to keep personal stuff with you on the bus, or the boat trip*)
Medication that you take (*must be checked in with adventure camp staff*)

(Duffle bag or soft bags are preferable to large square suitcases -they pack better on the bus)

Optional

Rash guard: (*A thin quick drying shirt*)
Waterproof Camera/Film
Travel / Neck Pillow for the bus ride
Book, magazine, notebook and pen, playing cards (*to pass the time on the bus ride or evenings*)
Portable Music Players (*These will only be allowed for the bus rides. They will not fit our lock-box, but can be left on the bus which will be locked up*)
Cell phone (*Campers will be given a specific time to call home to "check-in" at the discretion the Adventure Staff. At all other times they will be locked up*)

Do Not Bring

Anything That Needs To Be Plugged In (Curling irons, hair irons, electric shavers, laptops)
Anything Of Major Value
Matches / Lighter / Pocket Knife.
Anything Illegal / Camp Inappropriate: (*weapons, tobacco, drugs, alcohol, explicit material, etc...*)
Spaghetti strap tank tops, short shorts, or other inappropriate clothing

Spending Money Recommendation: \$75

There is some opportunity to buy snacks and souvenirs.
(*A lock box will be provided for the security of camper's money*)

The YMCA is not responsible for lost or damaged items