

# YMCA Camp Glacier Hollow – Adventure Trip

## PERSONAL CLOTHING AND EQUIPMENT LIST

For your personal safety and comfort it is important that you follow this clothing and equipment list. We suggest that you borrow any items that you do not personally own. Most of these items are available at local department stores. Keep in mind that items may get dirty and wet, dress for the wilderness, and pack light and prepared.

### CLOTHING

- |  |   |
|--|---|
| <input type="checkbox"/> 1 large duffel bag (to pack all this stuff in)                                      | <input type="checkbox"/> 3 pairs underwear  |
| <input type="checkbox"/> 1 pair of long pants - loose fitting and comfortable ( <b>quick dry</b> )           | <input type="checkbox"/> 3 pairs of socks ( <b>wool/synthetic blend</b> )   |
| <input type="checkbox"/> 2 pair of shorts - loose fitting and comfortable ( <b>quick dry</b> )               | <input type="checkbox"/> 1 brimmed & wool type hat  |
| <input type="checkbox"/> 2 T-shirts  | <input type="checkbox"/> 1 full rain gear set ( <b>top and bottom</b> )   |
| <input type="checkbox"/> 1 long sleeve shirt or sweat shirt or fleece jacket                                 | <input type="checkbox"/> 1 pair of comfortable camp shoes that can get dirty/wet. Sandals w/ straps ok for most trips. Flambeau River Trip requires closed/protected toe! |
| <input type="checkbox"/> 1 swimming suit   | <input type="checkbox"/> 1 pair of <u>hiking boots</u> or supportive shoes ( <b>must be broken in!</b> )  |
| <input type="checkbox"/> 1 pair of long underwear - top and bottom (poly-propylene/thermax – warm when wet!) |   |
| <input type="checkbox"/> 1 set of clothes to change into upon return from your trip                          |   |

**TOILET ARTICLES** (**Bring only small sizes** in plastic leak proof containers. Keep in mind that opportunities to take real showers are slim to none. ☺)

- |  |   |
|--|---|
| <input type="checkbox"/> 1 ziplock bag (to pack all this stuff in)   | <input type="checkbox"/> chap-stick                               |
| <input type="checkbox"/> toothbrush & toothpaste (small size)  | <input type="checkbox"/> sunscreen/lotion (small size)            |
| <input type="checkbox"/> soap/shampoo & comb/brush   | <input type="checkbox"/> insect repellent (pump bottle)           |
| <input type="checkbox"/> deodorant stick   | <input type="checkbox"/> feminine hygiene products (if necessary) |
| <input type="checkbox"/> 1 towel (smaller size)  |   |
| <input type="checkbox"/> any medications for special circumstances (checked in at Camp and in original containers) |   |

### OTHER PERSONAL EQUIPMENT

- |   |  |
|---|--|
| <input type="checkbox"/> <b>sleeping bag (compact/lightweight/warm)</b> | <input type="checkbox"/> 1 <b>small</b> flashlight & spare batteries |
| <input type="checkbox"/> 2 heavy-duty garbage bags                      | <input type="checkbox"/> sunglasses                                  |
| <input type="checkbox"/> head net for mosquito protection               | <input type="checkbox"/> 1 whistle                                   |
| <input type="checkbox"/> bandanna                                       | <input type="checkbox"/> bag lunch for first day                     |

### OPTIONAL EQUIPMENT

- |   |   |
|---|---|
| <input type="checkbox"/> camera and film                                | <input type="checkbox"/> small journal & pencil             |
| <input type="checkbox"/> book or field guide (for the ride)             | <input type="checkbox"/> large internal/external frame pack |
| <input type="checkbox"/> spending money (for souvenirs & road snacks)   | <input type="checkbox"/> PFD (life jacket)                  |
| <input type="checkbox"/> pocket knife                                   | <input type="checkbox"/> water bottle                       |
| <input type="checkbox"/> compact fishing gear (license may be required) |   |

### GROUP EQUIPMENT (YMCA will provide these items)

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> tents         | <input type="checkbox"/> first aid kit & general medications | <input type="checkbox"/> frame backpacks or canoe packs |
| <input type="checkbox"/> food          | <input type="checkbox"/> cooking/eating/water equipment      | <input type="checkbox"/> other misc. camping equipment  |
| <input type="checkbox"/> map & compass | <input type="checkbox"/> canoes/kayaks/paddles/PFD's         | <input type="checkbox"/> rock climbing gear             |

**Do not bring: radios, CD/MP3 players, cell phones, electronic games, jewelry, make-up, glass items, or anything that may be illegal or considered inappropriate for camp**

(Directions on reverse side)