

# YMCA Camp Glacier Hollow

## THINGS TO BRING LIST

The following is a list of clothing and equipment your camper will need for their stay this summer at Camp. We suggest that you borrow any items that you do not personally own or most of these items are available at local department stores. Keep in mind that items may get dirty and wet. Dress for active and outdoor camp life ☺. Item amounts may vary depending on length of stay and personal preference.

### CLOTHING

- |                                                    |                                                    |
|----------------------------------------------------|----------------------------------------------------|
| ___ 1 large duffel bag (to pack all this stuff in) | ___ pajamas                                        |
| ___ 2 pair of long pants                           | ___ swimming suit                                  |
| ___ 2-3 pair of shorts                             | ___ 1 cap/hat                                      |
| ___ 3-6 T-shirts                                   | ___ <b>white T-shirt or other items to tie-dye</b> |
| ___ 1 long sleeve shirt                            | ___ 1 full rain gear set or poncho                 |
| ___ 2 sweatshirts or fleece jacket                 | ___ 1 pair of comfortable camp shoes               |
| ___ 1 light weight wind breaker                    | that can get muddy/dirty/wet                       |
| ___ 4-7 pairs underwear                            | ___ 1 pair of supportive tennis shoes or hiking    |
| ___ 4-7 pairs of socks                             | boots (must be broken in)                          |
| ___ 1 garbage bag or dirty laundry bag             | ___ other _____                                    |

*\*NQ III Horsemanship Option participants include extra long pants and healed shoes*

### BATHROOM ITEMS Bring in plastic leak proof containers.

- |                                                                                             |                                               |
|---------------------------------------------------------------------------------------------|-----------------------------------------------|
| ___ an ice-cream pail or other bucket works great to carry these items to the shower house. |                                               |
| ___ comb/brush                                                                              | ___ chap-stick                                |
| ___ toothbrush & toothpaste                                                                 | ___ sunscreen/sunblock/lotion                 |
| ___ soap/shampoo                                                                            | ___ insect repellent (pump bottle)            |
| ___ deodorant stick                                                                         | ___ feminine hygiene products (if necessary)  |
| ___ 2 towels                                                                                | ___ any medications for special circumstances |
| ___ shower sandals/shoes                                                                    | (must be checked in at Camp)                  |

### OTHER PERSONAL ITEMS

- |                                                   |                                    |
|---------------------------------------------------|------------------------------------|
| ___ <b>warm</b> sleeping bag or sheets/blankets   | ___ 1 flashlight & spare batteries |
| ___ pillow                                        | ___ reading book                   |
| ___ bandanna                                      | ___ envelopes/stamps/paper         |
| ___ water bottle (available for purchase at camp) |                                    |

### OPTIONAL ITEMS

- |                                  |                            |
|----------------------------------|----------------------------|
| ___ camera and film              | ___ small journal & pencil |
| ___ fishing pole and accessories | ___ slippers and bathrobe  |
| ___ 1 day pack                   | ___ binoculars             |
| ___ field guides                 | ___ sunglasses             |

### DO NOT BRING:

- Money (see Trading Post Account)
- **Knives, other weapons, or fireworks**
- Jewelry, glass items, hair dryers, etc...
- Soda-pop, candy, gum, snacks (they bring critters)
- Radios, CD/MP3 players, electronic games, cell phones

\*\*\***Medications.** State law requires that all medication brought to camp must be in their original container, be clearly labeled, and include written instructions from the prescribing physician for their use. All medication will be kept locked in the Health lodge. Our Health Staff are responsible for giving out medications.

**(Directions to Camp on reverse side)**