



What to Bring/Wear List – Overnight Groups

The following is a list of suggested clothing and equipment for overnight groups attending YMCA Camp Glacier Hollow. Please refer to your group leader as some of these items may not apply depending on the activities that your group will be participating in. Keep in mind that items may get dirty and wet. Dress for active and outdoor camp activities.

CLOTHING

- | | |
|---|--|
| <input type="checkbox"/> duffel bag (to pack all this stuff in) | <input type="checkbox"/> pajamas |
| <input type="checkbox"/> 2 pair of long pants | <input type="checkbox"/> swimming suit |
| <input type="checkbox"/> 1-2 pair of shorts | <input type="checkbox"/> 1 cap/hat |
| <input type="checkbox"/> 2-3 T-shirts | <input type="checkbox"/> 1 rain coat/poncho |
| <input type="checkbox"/> 2 warm sweatshirts and coat | <input type="checkbox"/> 1 pair of supportive tennis shoes |
| <input type="checkbox"/> 2-3 pairs underwear | <input type="checkbox"/> 1 pair of comfortable camp shoes |
| <input type="checkbox"/> 2-3 pairs of socks | <input type="checkbox"/> that can get muddy/dirty/wet |
| <input type="checkbox"/> other _____ | |

BATHROOM ITEMS Bring in plastic leak proof containers.

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|--|---|
| <input type="checkbox"/> comb/brush | <input type="checkbox"/> chap-stick |
| <input type="checkbox"/> toothbrush & toothpaste | <input type="checkbox"/> sunscreen/sunblock/lotion |
| <input type="checkbox"/> soap/shampoo | <input type="checkbox"/> insect repellent (pump bottle) |
| <input type="checkbox"/> deodorant stick | <input type="checkbox"/> feminine hygiene products (if necessary) |
| <input type="checkbox"/> towel | <input type="checkbox"/> medications |
| <input type="checkbox"/> shower sandals/shoes | (must be checked into your group leader*) |

**All medications must be administered and kept secure by an authorized adult.*

All medication must be in their original container, be clearly labeled, and include directions for use.

OTHER PERSONAL ITEMS

- | | | |
|--|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> bag lunch for first day (if food service is not being provided) | | |
| <input type="checkbox"/> warm sleeping bag or sheets/blankets and pillow | <input type="checkbox"/> 1 flashlight | <input type="checkbox"/> water bottle |
| <input type="checkbox"/> PFD - Personal Floatation Device(or supplied by Camp) | <input type="checkbox"/> fishing pole | <input type="checkbox"/> camera |

DO NOT BRING:

- Knives, other weapons, or fireworks • Jewelry, glass items, hair dryers, etc...
- Please check with your group leader on Radios, CD/MP3 players, electronic games, cell phones...

CAMP PACT/CODE OF CONDUCT

Participants are expected to follow community standards and policies communicated at the opening of programming. In our community, we realize that all of our actions affect each other. In developing this healthy community, we believe strongly in our core values of caring, honesty, respect and responsibility. We also expect all participants' behavior to reflect these values. Camp Staff will refer to group leaders in events requiring disciplinary action.

Be Caring – Respect each other, the environment, YMCA staff and Camp facilities/equipment.

Be Responsible - Participants are responsible to clean up after themselves and leave the facility as clean/neat/maintained as upon arrival.

Be Respectful – Positive Attitudes are contagious. Bullying or Fighting is not tolerated.

Be Honest – Camp is not responsible for lost or stolen items. Please leave valuables at home.

Be Safe - Participants must listen to staff, use the buddy system and stay with their group.

Stevens Point Area YMCA (Business)

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YMCA Camps at Glacier Hollow (June – August)

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