

YMCA Camp Hi-Rock Boys & Girls Outdoor Leadership Development Summer Wilderness Expedition Packing List

SAFETY:

You will be living outside, so having the right clothing is important for your comfort and safety. There could be **rain, hot sun, or strong winds** on your course. Our clothing list reflects the importance of the "layering" principle. Dressing in several light layers rather than one heavy layer allows you more flexibility as the weather and workloads change. Please review this checklist carefully and make sure you have all the required items. There is very limited space in the vans and in your backpacks, so **please bring only what is on this list.**

SAVING MONEY:

You do not need to buy all gear at camping stores or specialty stores. You can find many of these items at a discount outdoor store or at thrift stores such as Goodwill. If you do not have any item on the list and wish to borrow from Camp Hi-Rock, please complete and return the **Gear Rental/Clothing Loan Form**. **Camp Hi-Rock has sleeping bags, sleeping pads and backpacks, as well as limited quantities of clothing and the other required personal items, to loan to campers as needed for no additional fee.**

GROUP GEAR:

BOLD/GOLD will provide all group camping gear - see pg. 2. There is no need to pack any of this prior to your trip.

GEAR CHECK:

We will check your gear before we depart to make sure you have everything you need and nothing you do not. We may ask you to leave something behind to be stored securely in our office if we think it will be unnecessary or inappropriate.

ALCOHOL/DRUGS/CIGARETTES:

No alcohol, drugs, or cigarettes are allowed during any time of our course. If such items are found in a student's possession, it will be grounds for expulsion and immediate evacuation from course at the family's expense.

Why NO COTTON?

Cotton is not a good fabric for the outdoors because it **will not keep you warm** when it gets wet and it takes a very long time to dry. Also, avoid any blends with cotton. ***PLEASE CHECK YOUR TAGS!***
Wool, fleece (aka pile), capilene, and polypropylene (100% polyester) are good fabrics for the outdoors!

Note: Only tee-shirts, underwear and bandanas should be cotton.

Packing List- Please print this list to use as a guide for packing

YMCA Camp Hi-Rock has limited quantities of most of the following gear to loan for personal use at no additional fee. If you don't have something, note it on your Gear Rental/Clothing Loan Form.

HEAD:

- **1 Sun Hat:** baseball cap or wide-brim hat
- **1 Pair Sunglasses:** with a neck strap if possible.

UPPER BODY: Upper body clothing should consist of **three** layers that will fit comfortably over each other plus a rainproof/windproof layer.

- **2 Long Underwear Tops:** polypropylene (100% polyester).
- **1 Warm Sweater:** polyester, fleece, or wool.
- **1 Warm Fleece Jacket**
- **1 Waterproof Rain Jacket:** 100% waterproof, not water resistant! Must have a hood.
- **2 Short-Sleeve Tee-Shirts:** preferably synthetic but cotton is okay.

LOWER BODY: Lower body clothing should consist of **two** insulating layers plus a durable wind/rain layer.

- **2 Pairs Long Underwear Bottoms:** polypropylene (100% polyester).
- **1 Pair Warm Synthetic Long Pants:** fleece or wool is fine.
- **1 Pair Rain Pants:** 100% waterproof, not water resistant! Coated nylon or waterproof/breathable fabric.
- **1-2 Pairs Shorts:** Lined, nylon athletic or running shorts work great. No jean cutoffs or cotton.
- **2-4 Pairs Underwear:** cotton is okay though synthetic with cotton lining is preferred.

FEET:

- **2 Pairs Lightweight Liner Socks:** Polypropylene (or polyester).
- **4 Pairs of Socks:** wool or synthetic.
- **1 Pair Light-Medium Weight Hiking Boots:** see attached boot guide. Boots should be well broken in with solid ankle support and good treads. If you are buying new boots, make sure to do some hiking in the boots well before the trip. Also, feel free to bring them by the office at camp if you want a staff member to ensure they are appropriate for this trip. These boots are critical to your being comfortable while backpacking.
- **1 Pair of Sneakers** - Lightweight sneakers or running shoes

MISCELLANEOUS CLOTHING:

- **1 Pair Gloves:** light-weight fleece or polypropylene.
- **2-3 Bandanas:** cotton is ok.

GEAR:

- **Synthetic Sleeping Bag (+25° or warmer):** no cotton-lined, down, or feather bags
- **Compression Stuff Sack:** to compress and store sleeping bag.
- **Sleeping Pad:** a three-quarter or full-length open or closed-cell foam pad.
- **Daypack/Book Backpack:** to carry your personal items for any day hiking.
- **1 Large Internal-Framed Backpack:** 3500-4500 cubic inches (60-75L) with adjustable straps and hip belt.

PERSONAL ITEMS:

- **2 Water Bottles:** durable plastic or light-weight metal, wide-mouthed, at least a quart or liter each (Nalgene-type)
- **Eating utensils:** one spoon, one plastic or light-weight metal bowl or Tupperware with lid, and one plastic mug.
- **1 Headlamp:** with extra batteries.
- **Whistle with neck strap:** string or cord for the neck strap works fine. To be worn at all times.
- **Toilet Kit:** toothbrush, toothpaste, comb or brush.
- **Sunscreen and Lip Balm:** SPF 15 minimum.
- **Insect repellent:** small/personal size
- **2 pr Prescription eyewear:** *if necessary - don't forget your case and saline/cleaning solution.*
- **Prescription Medications/Inhaler:** *Please give to instructor*
- ***GOLD SPECIFIC* - Tampons or Pads:** please see attached notes

OPTIONAL ITEMS:

- **Camera:** waterproof disposables work great
- **Watch w/ alarm**

PLEASE DO NOT BRING:

- **MP3 players; iPods or other electronic devices**
- **Cell phones**
- **Pocket-knives or Hatchets**
- **Jewelry or other valuables**
- **Make-up or perfume**

BOLD/GOLD WILL PROVIDE THE FOLLOWING GROUP GEAR:			
Tents	Reference Books	Rock Climbing Gear*	Maps
All food	Compasses	Cooking stoves and supplies	Water Jugs
First Aid Kits	Water Purification Drops	Repair Kits	Safety Equipment

*If you have and wish to use your own shoes/harness, please show to instructor on your first day

**Please feel free to call us with any questions you might have about the gear.
413.528.1227**