

# YMCA CAMP CARSON

## Backpacking Suggested Packing List

Please be advised that campers will be outdoors the majority of the time. We recommend old clothing appropriate for outdoor play. Campers will have lots of fun and clothes will be soiled! Please use discretion in sending new or expensive clothes and shoes. **Please mark your camper's name on each item.** YMCA Camp Carson is not responsible for lost or damaged personal articles. Please leave valuables at home.

### Recommended Items:

- 1 Sun Hat: baseball cap or wide-brim hat
- 1 Pair of Sunglasses: with a neck strap if possible
- 1 Warm Pullover or Sweater: polyester, fleece, or wool
- 1 Waterproof Rain Jacket: 100% waterproof, not water resistant! Must have a hood
- 4 Short Sleeve T-Shirts: preferably synthetic but cotton is okay.
- 1 Long Sleeve T-Shirt
- Girls - 2 Bras (if worn): jog/sports bras are preferred
- 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 Swimsuit \* (Boys - board shorts/swim trunks, *NO speedos*) (Girls - one piece or tankini that covers stomach)
- 3 - 4 Pairs Shorts: lined, nylon athletic or running shorts work great. No jean cutoffs or cotton.
- 6 - 7 Pairs Underwear: cotton is okay through synthetic with cotton lining is preferred
- 4 Pairs Lightweight Liner Socks: Polypropylene (or polyester)
- 2 Pairs of Socks: wool or synthetic
- 1 Pair Light-Medium Weight Hiking Boots: Boots should be well broken in with solid ankle support and good treads. If you are buying boots, make sure to do some hiking in the boots well before the trip. Also, feel free to bring them by the office 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 Camp Shoes - lightweight sneakers or running shoes
- 1 Pair of Sport Sandals: sandals need to be securely fastened (no flip flops)
- 2 - 3 Bandanas: cotton is okay
- Daypack/Book Backpack: to carry 1 day worth of personal items
- 1 Large Duffle Bag: remains at camp, just used to bring gear to camp
- 2 Water Bottles: durable plastic, wide-mouthed, at least a quart or liter each (Nalgene-type). Can be purchased at camp
- 1 Headlamp: with extra batteries
- 3 - 4 Heavy Duty Trash Bags: for waterproofing gear
- 2 - 3 Large Ziploc Freezer Bags: for waterproofing gear
- 1 Small Towel: synthetic pack towel or small hand towel is fine
- Toiletry Kit: toothbrush, toothpaste, comb or brush, travel size soap and shampoo
- Sunscreen, Lip Balm, Insect Repellent, and Baby Powder
- Medication (must be in its original container) - See Page 2\*\*
- Girls - Tampons or Pads
- 6 Face Masks (minimum of 2 layers)

### Optional Items:

- Bible
- Book or other reading material
- Sunglasses
- Notebook for journal time

### Please DO NOT bring the following items to camp:

- Illegal drugs of any kind*
- Tobacco in any form*
- E-cigs or JUULs*
- Alcohol in any form*
- Weapons of any kind*
- Knives of any kind*
- Firearms of any kind*
- Expensive jewelry (watches, rings, etc)*
- Make-up or Perfume*
- Fireworks of any kind*
- Food, candy, gum*
- Trading cards of any kind*
- Non-prescription drugs*
- Electronic games or other devices*
- CELL PHONES*
- Money in cabin (must be deposited to the camp canteen for safekeeping)*
- Skates, bikes, skateboards*
- Offensive magazines or clothing*
- Pets*

### 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 (pile), capilene, and polypropylene (100% polyester) are good fabrics for the outdoors. Only t-shirts, underwear, and bandanas should be cotton.

### We Provide the Following Group Gear

Tents	Safety equipment
All food	Cooking stoves and supplies
First aid kits	Repair kits
Reference books	Compasses
Water dromedaries	
Water purification drops	

Lip balm, chap stick

Camera, extra batteries if needed

Stationary/Stamps/Ink Pen/Pencil

#### \* DRESS CODE

Camp is a great outdoors, active environment and at times can be a little messy! Please send comfortable "play" clothes that can get wet and dirty if needed. Stains won't really come out if we go on a mud hike!

When it comes to style, we expect our campers to dress in camp appropriate clothes. On land, campers should wear a shirt at all times and we ask that there are no midriff shirts. Sandals should have back straps, and it is best if they cover the toes for safety purposes. Flip flops are allowed only in the showers. Camp serves families from all walks of life, so please do not pack clothing with suggestive slogans or political messages.

For swimming boys must have board shorts/swim trunks, (no speedos). Girls can wear a one piece suit or a tankini that covers the stomach.

*NOTE: We do recognize that the "cover up" approach to dress code may seem a little strict. However, ultimately the intention is to make sure that we protect our campers both on site and online. Nationally there are numerous reports of photographs of youngsters being gathered online by those with inappropriate outlooks on young bodies. As camp is a very active outdoor environment, and often around water activities, we face an ever increasing challenge of providing photographic insights for parents but also being respectful of the imagery. Obviously no photograph is taken with the intention of presenting inappropriate imagery of any child and we certainly don't want to inadvertently create embarrassing or awkward moments for any child or family.*

*We want to thank you in advance for your understanding and for your help in implementing this policy. As always, please do not hesitate to contact our office if you have any questions.*

**\*\*MEDICATIONS:** ALL medications must be given to the nurse on opening day at check-in.

- **Prescription drugs** must be in the original container with current dosage clearly stated on the container.
- If your camper requires any **non-prescription drugs such as Zyrtec etc.**, these medications should also be in the **original container** in order to provide the camp nurse with all the appropriate medication information. The Health Center is stocked with basic Tylenol and Ibuprofen etc. so it is not necessary to bring these to camp.

Keeping ALL medications out of the cabin helps ensure the safety of all campers. All unused medications will be placed in your camper's luggage on closing day.

**\*\*\*CANTEEN MONEY:** ALL money must be deposited to the canteen for safekeeping. Please assist your child on opening day to be sure no money is left in the cabin. For additional canteen information, please see the Canteen Deposit and Refund Policy on your camper's Forms Dashboard.

**LAUNDRY:** Unfortunately, due to the volume of multi-week campers, we are no longer able to offer laundry service. If your child is staying for multiple weeks, please pack accordingly.

**LOST AND FOUND:** We do everything we can to help your camper keep track of his/her belongings. However, despite our best efforts, we are left with quite a bit of unclaimed lost and found items. Please talk with your child about checking the lost and found each day. We also recommend that parents check the lost and found tables set up at the lodge on closing day.

**Backpacking Camp** has limited quantities of some of the gear listed above available to loan for personal use at no extra fee. If you are having difficulty getting a hold of some of these items, please give our office a call at (812) 385 – 3597. We are happy to answer any questions you may have about the gear.