

Packing List

YMCA CAMP NORTHERN LIGHTS: 2022 LEADERSHIP DEVELOPMENT PROGRAM

LDP participants can expect to spend some time out on trail but the majority of their time will be spent in camp. You should come prepared for both! We expect you to wear family camp appropriate attire while you are here. Please contact LDP coordinator with any questions or concerns:

Clothing & Toiletry

- Typical camp clothing (they will get dirty)
- Swimming attire (One piece suits or swim shorts and swim shirt → swim shirt is optional)
- Everyday toiletries
- Hand, bath, and beach towels
- Sunscreen
- Cloth face coverings (nose and mouth) -- bring enough for a week; a load of masks will be washed mid session for participants
- *Clothes should not expose inappropriate amounts of skin: avoid short shorts and torn up pants/shorts/skirts*

Outerwear

- Brimmed hat and sunglasses (for protection from the sun)
- Winter hat (for cold nights outside)
- Rain gear
- Windbreaker
- Warm gloves/mittens
- Warm clothes (layers are best - wool works well)

Footwear

- Shoes/boots that you can hike in and get wet (something with ankle support is best)
- One pair of lightweight shoes (running, tennis, etc) for evenings in camp
- 2 pairs of wool socks (for trail wear)
- Sandals with heel strap (optional for water activities)

Bedding

- Twin sized sheets and blankets (optional, sleeping bag can be used in camp and on trail) - Pillow, for in camp use

Miscellaneous

- Medication if necessary (It will be collected by staff upon arrival)
- Waterproof wristwatch
- Insect repellent
- Backpack
- Flashlight and/or headlamp
- Book or journal (optional)
- Camera (optional)
- Musical instruments (optional)

Gear for the Overnight

- **Sleeping bag (it may be cold on trail)**
- **Paddling clothing (quick dry clothing is best, athletic wear works well)**
- **Some type of water shoes (Chacos, Quick dry boots, old sneakers)**
- **2-3 pairs of wool socks**
- **Light Jacket, or heavy sweatshirt**
- **Rain Jacket**
- **Headlamp or flashlight**
- **Swimsuit**
- **Trail towel (optional)**
- **Beanie (good for early summer nights)**
- **Camp chair like a Crazy Creek (optional)**
- **Cards or travel size board game (optional)**
- **Sleeping pad (optional)**
- **Hammock (optional)**

Do Not Bring

- **Shirts with inappropriate language or labels**
- **Animals or pets**
- **Weapons**
- **Personal vehicles**
- **Personal sports equipment**
- **Alcohol or drugs**

Cell Phone Policy

You may bring your cell phone with you to camp, or you may choose to leave your cell phone at home. You will have access to the camp phone if you need to make calls while at camp. - Cell phone use is generally discouraged at camp, in favor of time spent connecting with fellow LDP participants, camper families, camp staff, and nature. Although cell phone use is allowed in the LDP cabin and for taking photos, the expectation is that LDP participants be thoughtful about phone use, limit time spent on phones, and try their best not to let phones become a distraction to themselves or others during their time at camp.

***Staff reserve the right to confiscate cell phones if they are used inappropriately.**

What if I don't have an item on this list?

- **If you don't have an item on this list, don't worry! We are committed to helping you find everything you need to be prepared for your session.**
- **Email the LDP coordinator to see if we have the ability to lend you what you need!**
- **We're working on expanding our camp gear closet, so if you have any secondhand items you'd like to donate to camp we would greatly appreciate it! We're currently accepting warm layers, wool socks, rain gear, winter hats, mittens/gloves, hiking boots with ankle support, snow pants, and winter coats.**