

YMCA Camp St. Croix

Overnight/Residential Summer Camp 2022

Suggested Packing List

Please note that these packing lists should be used **as a guide** to help determine what would most benefit your camper to have with them during their time here at Camp St. Croix. These lists have been compiled to be as accurate and useful as possible, however if you feel that your camper has needs that are not met by these lists, or have questions about whether or not specific items would be beneficial to send with your camper, please feel free to reach out and contact our Overnight Camp Program Director at gretchen.hoff@ymcamn.org.

Additionally, when sending items with your campers, please keep in mind that there is a **possibility of items getting soiled or lost**. Because of this, we strongly encourage labeling your camper's items, and strongly discourage sending valuables.

Important Items for All Campers To Bring – Please be sure to pack your camper with a sturdy water bottle, rain protection (jacket or poncho), at least one pair of close toed, sturdy shoes for running and moving, at least one pair of sturdy sandals with a back strap, and water shoes!

Medications – Further details about packing your camper's prescription medications can be found in the Camper Family Handbook, but please note that any medications coming to camp with your camper must be in their original packaging, placed inside of a ziplock bag with your camper's name on it. At Camp St. Croix we have a range of over the counter medications, so please do not send your camper with OTC meds.

Cash – We are a CASH FREE CAMP, please do not send your camper with any cash/currency. If you would like your camper to be able to purchase items at the camp store, please complete a Camp Store Certificate for them, found here; <https://account.ymcanorth.org/PersonifyEbusiness/Product-Search/Product-Detail/ProductID/228076381?qa=2.97757340.2069880125.1653280542-969333509.1617635153>

Electronics – Summer Camp is an opportunity for your camper to disconnect and shift their focus away from screens, in to nature. We understand that it can be hard to step away from having communication with your child, but please know that in the case of necessary/emergency communication, you can connect with our camp team through phone or email and we can provide you with updates if needed. With this being said, we do not allow campers to have any electronics at camp, including cell phones, smart watches, GPS devices, iPads, tablets, iPods, etc. If a camper is found to have an electronic with them, it will be gathered by their counselor and stored in the directors' office until the final day when it will be returned at pick up time.

Other Items to LEAVE AT HOME // Please DO NOT BRING;

-Food or drinks, including candy

This is in order to prevent animals and insects from entering cabin spaces, as well as protect our campers with food allergies.

-Fireworks

-Knives or weapons

Including pocket knives and multi-tools, water or nerf guns, etc.

-Illegal Substances

Including drugs, alcohol, or nicotine products.

Questions on anything listed above?

Please reach out to our Program Director Gretchen at gretchen.hoff@ymcamn.org

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Additional Notes

-The lists below are built in a 1-week session format. If your camper is joining us for 2 weeks, (2x) double the clothing numbers, and if they are joining us for 3 weeks, 2.5x the list.

-Bold & Gold Tier 2 Canoe/Climb campers, we encourage you to base your packing around the Canoe Specialty List

-Intro LDP's, we encourage you to base your packing around the Canoe Specialty List

-Advanced LDP's, we encourage you to review both the Canoe and Sailing Specialty Camp Lists and build your packing list from there

Summer Sampler Packing List

3 Days, 2 Nights

What to Bring:

Bedding:

- A single/twin fitted sheet
- Pillow and pillow case
- Sleeping bag or 1-2 blankets

Clothing:

- Bottoms
 - 2-3 pairs of shorts (casual or athletic)
 - 1-2 pairs of pants (jeans, athletic, or leggings)
- Tops
 - 2-3 t-shirts and/or tank tops
 - 1 long sleeve shirt (in the event of colder weather)
- Undergarments
 - Pack enough for at least 3 days.
 - It may be a good idea to pack extras, especially if your camper is prone to accidents.
- Pajamas
 - Pack enough PJ's to last 2 nights.
- Socks
 - We suggest 3-4 pairs of socks to wear with sneakers.
- Shoes
 - A pair of sneakers or other close-toed shoes.
 - Please note that these could likely get dirty.
 - A pair of sturdy sandals **with a back strap**.
 - We do not allow campers to wear shoes that do not have a strap across the heel due to safety concerns. Because of this, we ask that you do **not** send your camper to camp with "slides", flip flops, or any other similar style of shoe.
 - Swim shoes
 - We require campers to wear shoes while swimming in the river, so please be sure to pack shoes or sandals with a back strap, preferably with rubber soles, that your camper can swim comfortably in.
- Outerwear
 - 1-2 sweatshirts for colder days/nights.
 - **A rain jacket/rain poncho**
- Swimsuit
 - 1 swimsuit

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Miscellaneous:

- Towels
 - We suggest packing 1 bath towel and 1 beach towel.
- Hat
 - A ball cap, bucket hat, or any other summer hats are recommended.
- Personal Toiletries
 - Toothpaste
 - Toothbrush
 - Shampoo/conditioner
 - Soap/body wash
 - Hair brush/comb
 - Camp St. Croix does not provide any toiletries unless in the case of an emergency, so please be sure your camper has the necessities.
- **Water Bottle**
 - We suggest packing a sturdy water bottle (hard plastic or metal) that is easy to carry from place to place.
- Insect Repellent and Sunscreen
 - We recommend packing the spray versions of both bug spray and sunscreen to allow for easier application assistance if your camper requires it.
- Flashlight or Headlamp
- Medications
 - All medications you plan to send with your camper must be in its **original packaging**, within a plastic zip lock bag, and will be given directly to the health staff at check-in.

Consider Bringing:

- A camera (disposable)
 - It is **not** recommended to send campers with expensive/valuable cameras.
- Journal and writing utensils
- Paper, envelopes, and stamps for sending letters.
 - It is recommended that envelopes are pre-addressed/stamped.
- **A white t-shirt, pillowcase, or other article of clothing to tie dye.**
- Books or small games to play with cabin mates.
- Sunglasses
- A small backpack or drawstring bag to carry belongings in.

Traditional Camp Packing List

6 Days, 5 Nights

What to Bring:

Bedding:

- A single/twin fitted sheet
- Pillow and pillow case
- Sleeping bag

Clothing:

- Bottoms
 - 4-5 pairs of shorts (casual or athletic)
 - 2-3 pairs of pants (jeans, athletic, or leggings)
- Tops
 - 4-5 t-shirts and/or tank tops
 - 2-3 long sleeve shirts (in the event of colder weather)
- Undergarments
 - Pack enough for at least 6 days.
 - It may be a good idea to pack extras.
- Pajamas
 - Pack enough PJ's to last 5 nights.
- Socks
 - We suggest 6-7 pairs of socks to wear with sneakers.
- Shoes
 - A pair of sneakers or other closed-toe shoes.
 - Please note that these will likely get dirty.
 - A pair of sturdy sandals **with a back strap**.
 - We do not allow campers to wear shoes that do not have a strap across the heel due to safety concerns. Because of this, we ask that you do **not** send your camper to camp with "slides", flip flops, or any other similar style of shoe.
 - Swim shoes
 - We require campers to wear shoes while swimming in the river, so please be sure to pack shoes or sandals with a back strap, preferably with rubber soles, that your camper can swim comfortably in.
- Outerwear
 - 1-2 sweatshirts for colder days/nights.
 - **A rain jacket / rain poncho**
- Swimsuit
 - 1-2 swimsuits

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Miscellaneous:

- Towels
 - We suggest packing 1-2 bath towels and 1 beach towel.
- Hat
 - A ball cap, bucket hat, or any other summer hats are recommended.
- Personal Toiletries
 - Toothpaste
 - Toothbrush
 - Shampoo/conditioner
 - Soap/body wash
 - Hair brush/comb
 - Camp St. Croix does not provide any toiletries unless in the case of an emergency, so please be sure your camper has the necessities.
- **Water Bottle**
 - We suggest packing a sturdy water bottle (hard plastic or metal) that is easy to carry from place to place.
- Insect Repellent and Sunscreen
 - We recommend packing the spray versions of both bug spray and sunscreen to allow for easier application assistance if your camper requires it.
- Flashlight or Headlamp
- Medications
 - All medications you plan to send with your camper must be in its **original packaging**, in a zip lock plastic bag, and will be given directly to the health staff at check-in.

Consider Bringing:

- A camera (disposable)
 - It is **not** recommended to send campers with expensive cameras.
- Journal and writing utensils
- Paper, envelopes, and stamps for sending letters
 - It is recommended that envelopes are pre-addressed/stamped.
- A white t-shirt, pillowcase, or other article of clothing to tie dye
- Books or small games to play with cabin mates.
- Sunglasses
- A small backpack or drawstring bag to carry personal belongings in.

Canoeing Specialty Camp Packing List

6 Days, 5 Nights

*For 2-week groups, it is recommended to double up on the clothing listed below.

What to Bring:

Bedding:

- A single/twin fitted sheet, -Pillow and pillow case
- Sleeping bag
 - Please be sure to include a sleeping bag, ideally one that is easily packable/compressible, for your camper to take on their trail experience.

Clothing:

- Bottoms
 - 4-5 pairs of shorts (casual or athletic)
 - 2-3 pairs of pants (jeans, athletic, or leggings)
 - Please be sure that at least 1 pair of shorts and 1 pair of pants are made of a **quick dry material** to be taken on trail (no denim, cotton, or other materials that remain wet for a long time).
- Tops
 - 4-5 t-shirts and/or tank tops
 - 2-3 long sleeve shirts (in the event of colder weather)
 - Please be sure that at least 1 t-shirt is made of a **quick dry material** to be taken on trail (no cotton, or other materials that remain wet for a long time).
- Undergarments
 - Pack enough for at least 6 days.
 - It may be a good idea to pack extras, at least one set with quick dry material is encouraged.
- Pajamas
 - Pack enough PJ's to last 5 nights.
- Socks
 - We suggest 5-6 pairs of socks to wear with sneakers.
 - It is also recommended to bring 1-2 pairs of **wool or wool blend** socks to take on trail.
- Shoes
 - A pair of sneakers or other closed-toe shoes.
 - Please note that these will likely get dirty, and possibly get wet.
 - For our 2-week VOYAGEUR campers, a pair of close toed shoes will be worn on trail, we encourage hiking boots or hiking shoes for the trail experience.
 - A pair of sturdy sandals **with a back strap**.
 - We do not allow campers to wear shoes that do not have a strap across the heel due to safety concerns. Because of this, we ask that you do **not** send your camper to camp with "slides", flip flops, or any other similar style of shoe.
 - Swim shoes
 - We require campers to wear shoes while swimming in the river, so please be sure to pack shoes or sandals with a back strap, preferably with rubber soles, that your camper can swim comfortably in.
- Outerwear
 - 1-2 sweatshirts for colder days/nights.
 - We encourage at least one fleece-type sweatshirt for Canoe Trail experiences
 - **A rain jacket / rain poncho**
 - Rain pants may be beneficial but are not necessary.
- Swimsuit -> 2+ swimsuits, for trail we encourage a sturdy suit that can get dirty.

Miscellaneous:

***Dry Bag for trail -> if possible to send your camper with a dry bag / roll-top dry sack to send on their trail experience, that is preferred.

- Towels
 - We suggest packing 1-2 bath towels and 1 beach towel.
 - For our VOYAGEURS 2-week campers, we encourage packing a quick-dry pack-towel, if able, as well.
- Hat
 - A ball cap, bucket hat, or any other summer hats are recommended.
- Personal Toiletries
 - Toothpaste
 - Toothbrush
 - Shampoo/conditioner
 - Soap/body wash
 - Hair brush/comb
 - Camp St. Croix does not provide any toiletries unless in the case of an emergency, so please be sure your camper has the necessities.
- **Water Bottle**
 - We suggest packing a sturdy water bottle (hard plastic or metal) that is easy to carry from place to place.
- Insect Repellent and Sunscreen
 - We recommend packing the spray versions of both bug spray and sunscreen to allow for easier application assistance if your camper requires it.
- Flashlight or Headlamp
- Medications
 - All medications you plan to send with your camper must be in its **original packaging**, in a zip lock plastic bag, and will be given directly to the health staff at check-in.

Consider Bringing:

- A camera (disposable)
 - It is **not** recommended to send campers with expensive cameras.
- Journal and writing utensils
- Paper, envelopes, and stamps for sending letters
 - It is recommended that envelopes are pre-addressed/stamped.
- A white t-shirt, pillowcase, or other article of clothing to tie dye
- Books or small games to play with cabin mates.
- Sunglasses
- A small backpack or drawstring bag to carry personal belongings in.

Sailing Specialty Camp Packing List

6 Days, 5 Nights

*For 2 week groups, it is recommended to double up on the clothing listed below.

What to Bring:

Bedding:

- A single/twin fitted sheet
- Pillow and pillow case
- Sleeping bag
 - Please be sure to include a sleeping bag, ideally one that is easily packable/compressible, for your camper to take on their overnight trail experience. Blankets are okay for the bed in the cabin but are not taken on trail.

Clothing:

- Bottoms
 - 4-5 pairs of shorts (casual or athletic)
 - 2-3 pairs of pants (jeans, athletic, or leggings)
 - Please be sure that at least 1 pair of shorts and 1 pair of pants are made of a **quick dry material** to be taken on trail (no denim, cotton, or other materials that remain wet for a long time).
- Tops
 - 4-5 t-shirts and/or tank tops
 - 2-3 long sleeve shirts (in the event of colder weather)
 - Please be sure that at least 1 t-shirt is made of a **quick dry material** to be taken on trail (no cotton, or other materials that remain wet for a long time).
- Undergarments
 - Pack enough for at least 6 days.
 - It may be a good idea to pack extras
- Pajamas
 - Pack enough PJ's to last 5 nights.
- Socks
 - We suggest 4-5 pairs of socks to wear with sneakers.
 - It is also recommended to bring 1-2 pairs of wool or wool blend socks to take on trail.
- Shoes
 - A pair of sneakers or other closed-toe shoes.
 - Please note that these will likely get dirty.
 - A pair of sturdy sandals **with a back strap**.
 - We do not allow campers to wear shoes that do not have a strap across the heel due to safety concerns. Because of this, we ask that you do **not** send your camper to camp with "slides", flip flops, or any other similar style of shoe.
 - Swim shoes
 - We require campers to wear shoes while swimming in the river, so please be sure to pack shoes or sandals with a back strap, preferably with rubber soles, that your camper can swim comfortably in..
- Outerwear
 - 1-2 sweatshirts for colder days/nights. -> a **Fleece** sweatshirt/jacket is encouraged for Trail
 - **A rain jacket or rain poncho**
 - Rain pants may be beneficial, however they are not necessary.
- Swimsuit
 - 1-2 swimsuits

Miscellaneous:

- Towels
 - We suggest packing 1-2 bath towels and 1 beach towel.
- Hat
 - A ball cap, bucket hat, or any other summer hats are recommended.
- Personal Toiletries
 - Toothpaste
 - Toothbrush
 - Shampoo/conditioner
 - Soap/body wash
 - Hair brush/comb
 - Camp St. Croix does not provide any toiletries unless in the case of an emergency, so please be sure your camper has the necessities.
- **Water Bottle**
 - We suggest packing a sturdy water bottle (hard plastic or metal) that is easy to carry from place to place.
- Insect Repellent and Sunscreen
 - We recommend packing the spray versions of both bug spray and sunscreen to allow for easier application assistance if your camper requires it.
- Flashlight or Headlamp
- Medications
 - All medications you plan to send with your camper must be in its **original packaging**, in a zip lock plastic bag, and will be given directly to the health staff at check-in.

Consider Bringing:

- A camera (disposable)
 - It is **not** recommended to send campers with expensive cameras.
- Journal and writing utensils
- Paper, envelopes, and stamps for sending letters
 - It is recommended that envelopes are pre-addressed/stamped.
- A white t-shirt, pillowcase, or other article of clothing to tie dye
- Books or small games to play with cabin mates.
- Sunglasses
- A small backpack or drawstring bag to carry personal belongings in.

Rock Climbing Specialty Camp Packing List

6 Days, 5 Nights

*For the 2 week groups, it is recommended to double up on the clothing listed below.

What to Bring:

Bedding:

- A single/twin fitted sheet
- Pillow and pillow case
- Sleeping bag
 - Please be sure to include a sleeping bag, ideally one that is easily packable/compressible, for your camper to take on their overnight trail experience. Blankets are okay for the bed in the cabin but are not taken on trail.

Clothing:

- Bottoms
 - 4-5 pairs of shorts (casual or athletic)
 - 2-3 pairs of pants (jeans, athletic, or leggings)
- Tops
 - 4-5 t-shirts and/or tank tops
 - 2-3 long sleeve shirts (in the event of colder weather)
- Undergarments
 - Pack enough for at least 6 days.
 - It may be a good idea to pack extras
- Pajamas
 - Pack enough PJ's to last 5 nights.
- Socks
 - We suggest 4-5 pairs of socks to wear with sneakers.
 - It is also recommended to bring 1-2 pairs of wool or wool blend socks to take on trail.
- Shoes
 - A pair of sneakers or other closed-toe shoes.
 - Please note that these will likely get dirty.
 - If you or your camper wish to bring rock-climbing shoes for trail, you may do so, however they are not required.
 - A pair of sturdy sandals **with a back strap**.
 - We do not allow campers to wear shoes that do not have a strap across the heel due to safety concerns. Because of this, we ask that you do **not** send your camper to camp with "slides", flip flops, or any other similar style of shoe.
 - Swim shoes
 - We require campers to wear shoes while swimming in the river, so please be sure to pack shoes or sandals with a back strap, preferably with rubber soles, that your camper can swim comfortably in.
- Outerwear
 - 1-2 sweatshirts for colder days/nights.
 - A rain jacket / rain poncho
 - Rain pants may be beneficial but are not necessary.
- Swimsuit
 - 1 swimsuit

Miscellaneous:

- Towels
 - We suggest packing 1-2 bath towels and 1 beach towel.
- Hat
 - A ball cap, bucket hat, or any other summer hats are recommended.
- Personal Toiletries
 - Toothpaste
 - Toothbrush
 - Shampoo/conditioner
 - Soap/body wash
 - Hair brush/comb
 - Camp St. Croix does not provide any toiletries unless in the case of an emergency, so please be sure your camper has the necessities.
- **Water Bottle**
 - We suggest packing a sturdy water bottle (hard plastic or metal) that is easy to carry from place to place.
- Insect Repellent and Sunscreen
 - We recommend packing the spray versions of both bug spray and sunscreen to allow for easier application assistance if your camper requires it.
- Flashlight or Headlamp
- Medications
 - All medications you plan to send with your camper must be in its **original packaging**, in a zip lock plastic bag, and will be given directly to the health staff at check-in.

Consider Bringing:

- A camera (disposable)
 - It is **not** recommended to send campers with expensive cameras.
- Journal and writing utensils
- Paper, envelopes, and stamps for sending letters
 - It is recommended that envelopes are pre-addressed/stamped.
- A white t-shirt, pillowcase, or other article of clothing to tie dye
- Books or small games to play with cabin mates.
- Sunglasses
- A small backpack or drawstring bag to carry personal belongings in.

Horseback Riding Specialty Camp Packing List

6 Days, 5 Nights

*For 2 week groups, it is recommended to double up on the clothing listed below.

What to Bring:

Bedding:

- A single/twin fitted sheet
- Pillow and pillow case
- Sleeping bag or 1-2 blankets (WRANGLER 2-WEEK CAMPERS MUST BRING SLEEPING BAG)
 - Wranglers - Please be sure to include a sleeping bag, ideally one that is easily packable/compressible, for your camper to take on their overnight trail experience. Blankets are okay for the bed in the cabin but are not taken on trail.

Clothing:

- Bottoms
 - 4-5 pairs of shorts (casual or athletic)
 - 2-3 pairs of pants (jeans, athletic, or leggings)
 - It is recommended that those in horse groups bring more pairs of long pants/jeans as it is required for riding the horses. If you want to bring Equestrian Tights, you can.
- Tops
 - 4-5 t-shirts and/or tank tops (we encourage at least 2 T-Shirts to be worn while riding in the sun)
 - 2-3 long sleeve shirts (in the event of colder weather)
- Undergarments
 - Pack enough for at least 6 days.
 - It may be a good idea to pack extras
- Pajamas
 - Pack enough PJ's to last 5 nights.
- Socks
 - We suggest 6-7 pairs of socks to wear with sneakers.
- Shoes
 - A pair of sneakers or other closed-toe shoes.
 - Please note that these will likely get dirty.
 - If you or your camper would like to bring equestrian/western style boots, you may do so, however they are not required.
 - A pair of sturdy sandals **with a back strap**.
 - We do not allow campers to wear shoes that do not have a strap across the heel due to safety concerns. Because of this, we ask that you do **not** send your camper to camp with "slides", flip flops, or any other similar style of shoe.
 - Swim shoes
 - We require campers to wear shoes while swimming in the river, so please be sure to pack shoes or sandals with a back strap, preferably with rubber soles, that your camper can swim comfortably in.
- Outerwear
 - 1-2 sweatshirts for colder days/nights.
 - **A rain jacket / rain poncho**
 - Rain pants may be beneficial, however they are not necessary.
- Swimsuit
 - 1 swimsuit

Miscellaneous:

- Towels
 - We suggest packing 1-2 bath towels and 1 beach towel.
- Hat
 - A ball cap, bucket hat, or any other summer hats are recommended.
- Personal Toiletries
 - Toothpaste
 - Toothbrush
 - Shampoo/conditioner
 - Soap/body wash
 - Hair brush/comb
 - Camp St. Croix does not provide any toiletries unless in the case of an emergency, so please be sure your camper has the necessities.
- **Water Bottle**
 - We suggest packing a sturdy water bottle (hard plastic or metal) that is easy to carry from place to place.
- Insect Repellent and Sunscreen
 - We recommend packing the spray versions of both bug spray and sunscreen to allow for easier application assistance if your camper requires it.
- Flashlight or Headlamp
- Medications
 - All medications you plan to send with your camper must be in its **original packaging**, in a zip lock plastic bag, and will be given directly to the health staff at check-in.

Consider Bringing:

- A camera (disposable)
 - It is **not** recommended to send campers with expensive cameras.
- Journal and writing utensils
- Paper, envelopes, and stamps for sending letters
 - It is recommended that envelopes are pre-addressed/stamped.
- A white t-shirt, pillowcase, or other article of clothing to tie dye
- Books or small games to play with cabin mates.
- Sunglasses
- A small backpack or drawstring bag to carry personal belongings in.