

Teen Wilderness Packing List

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Overview

Our recommended packing lists are outlined in this document. These items are not required. You may modify the list based on unique participant needs and session type.

Packing Tips

When packing for your canoeing adventure, keep in mind that you will need to pack for two days at the adventure center before your trip PLUS the night after your trip, in addition to your trip time. While participants are at camp before their trip, their guides will review all the clothing and gear that they brought to make sure that they have everything they need to keep them warm, dry, and comfortable.

- Please avoid products with strong smells – they will attract bugs and bears!
- Label all items with your child's first and last name.
- Pack clothes that can get muddy, dirty, wet, sandy, torn, grass-stained, and so on.

Discouraged Items

The following items will be collected and kept in a secure location until the end of camp.

- Electronic equipment, including radios, smartphones, mp3 players, etc.
- Food or gum
- Pocket knives (unless you have permission from YMCA of the North)

Prohibited Items

The following items will be confiscated, and parents and authorities will be contacted to remove their children from camp. No fee adjustment or refund will be given for violation.

- Firearms or weapons
- Drugs or alcohol
- Tobacco products
- Fireworks

Teen Wilderness Packing List

The Basics

MEDICATIONS

All needed medications.

"IN CAMP" CLOTHES

- 1x Long pants
- 1-2x Shorts
- 2x T-shirts
- 2x Long-sleeve shirts
- 3x Socks
- 2-3x Underwear
- 1x Medium-thin wool socks – *Per week*
- 1x Swimsuit
- 1x Towel
- 1x Lightweight athletic shoes

HYGIENE

- Toothbrush
- Toothpaste
- Dental floss
- Soap
- Shampoo
- Comb or brush
- Lotion
- Sunscreen – *SPF 30 (min.)*
- Chapstick with sunscreen
- Bug repellent – *30% DEET or Picaridin recommended*
- Hand sanitizer
- Period / menstruation products – *If applicable. If possible, please bring extra.*
- Small ditty bag
- Washcloth
- Pack towel

Continued →

BACKPACKS

YMCA of the North provides backpacks. If you choose to bring your own, make sure that it fits your frame well and can hold all your personal gear, plus food, and group gear. A pack that can hold between 4500 and 6500 cubic inches capacity is a good choice. Otherwise, you can pack your gear and clothing for camp in whatever bag works best for you – suitcase, duffle bag, backpack, etc.

BEDDING

- 1x Sleeping bag
- Three-season synthetic bag with waterproof stuff sack recommended
- 1x Sleeping bag liner (optional)
- 1x Sleeping pad (optional)
- 1x Pillow (optional)

TRAIL CLOTHES

- 1x Shorts – *Synthetic materials. NO COTTON.*
- 1x Long pants – *Synthetic materials. NO COTTON.*
- 5x T-shirts – *Synthetic and/or blended materials*
- 5x Underwear
- One pair per day (min.)
- 1-2x Heavy socks (per week) – *Wool or polypropylene*
- 1x Long underwear top – *Synthetic materials. NO COTTON.*
- 1x Long underwear bottom – *Synthetic materials. NO COTTON.*

Teen Wilderness Packing List

The Basics (Continued)

FOOTWEAR

- 1x Trail boots
- 1x Sport sandals
- Brands such as Chacos or Tevas are recommended – *NO CROCS, MINIMALIST SHOES, OR FLIP-FLOPS*

HEADWEAR

- 1x Sunglasses – *Safety cord suggested*
- 1x Hat with wide brim – *For sun protection*
- 1x Warm hat (optional) – *For cool evenings*

OUTERWEAR

- 1x Rain gear – *Jacket and pants. NO PONCHOS OR THIN PLASTIC PRODUCTS.*
- 1-2x Heavy sweater or pullover – *Wool or fleece. NO COTTON.*
- 1x Mittens – *Wool or fleece. NO COTTON.*
- 1x Jacket (optional) – *Synthetic or down*

PERSONAL ENTERTAINMENT

- Book and/or field guide
- Pen and journal for writing
- Camera
- Waterproof cases and/or disposable cameras – *NO SMARTPHONES*
- Cards, hacky sack, or other games
- Fishing rod and gear
- Appropriate fishing licenses required
- Store money – *\$20-50 suggested*

Trip Specific Gear

CANOE TRIPS

- 1x Drybag
- 1x Headlamp or flashlight – *w/ extra batteries*
- 1-2x Water bottles – *Nalgene and Hydroflask recommended*
- 1x Compass (optional)
- 1x Lightweight camp chair (optional)
- 1x Paddle (optional) – *Trail guides will determine if it may be used*
- 1x Extra pair eyeglasses and/or contact lenses (optional)

SAILING TRIPS

- 1x Drybag
- 1x Headlamp or flashlight – *w/ extra batteries*
- 1-2x Water bottles – *Nalgene and Hydroflask recommended*
- 1x Sailing gloves
- 1x Compass (optional)
- 1x Extra pair eyeglasses and/or contact lenses (optional)

BACKPACKING TRIPS

- 1x Small duffel or day pack
- 1x Gaiters
- 1x Headlamp or flashlight – *w/ extra batteries*
- 1-2x Water bottles – *Nalgene and Hydroflask recommended*
- 1x Compass (optional)
- 1x Lightweight camp chair (optional)
- 1x Extra pair eyeglasses and/or contact lenses (optional)

CLIMBING TRIP EXTRAS

- 1x Climbing shoes (recommended) – *Can be rented from REI*