

YMCA Camp U-Nah-Li-Ya Extreme Teen Packing List

Pack your camper the clothes that they will feel most comfortable in. Keep in mind that campers will be tough on the clothes provided – do not send them with their best clothes.

Check	Qty.	Item	Description
	1-2	Sweatshirt/Jacket	If your camper tends to get cold, please make sure they can layer these items. While on trail, synthetic material dries faster than cotton.
	6	T-shirts	1 shirt/day; can be long or short sleeve
	1	Rain Jacket/Poncho	Durable enough to last all week
	5-6	Athletic Shorts	
	1	Lightweight/Athletic Pants	*Optional* For daytime hiking on trail/bug protection
	1	Sweatpants	
	1	Pajamas	Top and Bottom
	6-8	Underwear	Include sports bras for female campers
	1	Long Underwear	Top and Bottom to wear as base layer on trail
	2	Swimsuit	One-piece swimsuit encouraged
	6-8	Socks	Preferably socks that prevent blisters
	1	Water Shoes/Sandals	Heel strap is required
	1	Hiking shoes or Boots	Used on trail; Broken in before camp to prevent blisters
	1	Campsite Shoes	*Optional* Old tennis shoes or crocs work well
	1	Tennis Shoes	For use at Camp
	1	Sleeping bag	Small enough to fit in a backpack
	1	Pillow	
	1	Twin Sized Sheet	Preferably fitted to cover mattress
	1 set	Toiletries	Toothbrush, toothpaste, soap, shampoo, feminine products, hairbrush, nail clippers, deodorant, etc.
	1-2	Towel	1 for showers; 1 for the waterfront
	1	Hat	
	1	Bandana	
	1	Sunglasses	
	2	Water Bottle	32oz
	1	Sunscreen	8+oz bottle of SPF 30+
	1	Bug Spray/Net	
	1	Headlamp	Pack extra batteries if needed
Optional			
		Personal Gear	*Trip-specific gear: climbing shoes, backpacking backpack, etc.
		Spending money	Possibility of gift shop/souvenirs while on trail
	1	Camera	Cameras on cell phones are not considered cameras.
	1	Journal/Book	
	1	Fishing Pole	
	1	Deck of Cards	
Please do NOT bring			
Food of any kind (gum, candy or snacks), electronics, cell phones, magazines, cosmetics, illegal drugs, tobacco, alcohol, weapons			

***Camp U-Nah-Li-Ya Provides on trail necessities: tents, backpacks, dry bags, sleeping pads, stoves, water filters, etc.**

Please attempt to pack all your camper's gear into one bag, as this makes for easier travel and lessens the likelihood of misplaced belongings. Camp U-Nah-Li-Ya provides washing services in emergencies. We are happy to help accommodate for campers that cannot bring all the items listed – please contact us ahead of time of you will need accommodations. Please leave valuables at home – Camp U-Nah-Li-Ya is not responsible for lost, stolen, or damaged items.