

# YMCA Camp U-Nah-Li-Ya Rocky Mountain Adventure Packing List

Pack your camper the clothes that they will feel most comfortable in. This trip is spent in several “base camps” doing excursions into high country, some multi-day, and campers have the ability to re-outfit their packs before each excursion.

Check	Qty.	Item	Description
		<b>ID Card</b>	To access recreation areas
	1-2	Sweatshirt Down (Puffy) Jacket	Your camper will need one comfy hoody for travel and basecamp, they will need a good down jacket for the mountain ascent. The high country gets chilly at night. Also, it will be <30 degrees at the top of the 14er.
	1	PMA	You won't get far without a Positive Mental Attitude on this trip.
	10-12	T-shirts	You will bring 1-2 of these with you on trail, and wear the others during your time at traveling or at “base camps”. These can be long or short sleeve.
	1	Rain Jacket/Poncho	Durable enough to last all week
	3-4	Athletic Shorts	1-2 for on trail, others for travel and base camp. A quick-dry pair for on trail is preferred.
	1	Lightweight/Athletic Pants/Softshell Pant	For daytime hiking on trail/sun and insect protection. One good pair of softshell pants is critical.
	1	Sweatpants	Comfy option for travel or basecamp, not for trail.
	1	Pajamas	Comfy option for travel or basecamp, not for trail.
	10-12	Underwear	Include sports bras for female campers
	1	Long Underwear	Top and Bottom to wear as base layer on trail – critical gear for high country.
	1	Swimsuit	One-piece swimsuit encouraged
	10-12	Socks	Preferably socks that prevent blisters; Wool or Wool blends are great for on trail
	1	Water Shoes/Sandals	Heel strap is required. Make sure you can hike in these.
	1	Hiking shoes or Boots	Broken in before camp to prevent blisters
	1	Sleeping bag	Small enough to fit in a backpack; smaller and lighter is better, 20 degree rating preferred.
	1-2	Pillows	One normal pillow for travel and basecamp, another small inflatable pillow is a nice optional piece of gear for backpacking.
	1	Twin Sized Sheet	Preferably fitted to cover mattress at camp
	1 set	Toiletries	Toothbrush, toothpaste, soap, shampoo, feminine products, hairbrush, nail clippers, deodorant, etc.
	1	Towel	
	1	Hat	
	1	Bandana/Buff	“Buff” headbands are an awesome piece of gear
	1	Sunglasses	Lots of UV in the high country
	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: backpacking backpack, sleeping pad, fishing pole, etc.
		Spending money	Gift shop/souvenir opportunities on trail.
	1	Camera	Cameras on cell phones are not considered cameras.
	1	Journal/Book	
	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 if you will need accommodations. Please leave valuables at home – Camp U-Nah-Li-Ya is not responsible for lost, stolen, or damaged items.**