

# YMCA Camp U-Nah-Li-Ya Packing List

## 1 Week Backpacking Trips

### Packing Hot Tips:

1. Pack with your camper - make sure they know what they are bringing.
2. Put your camper's name on everything you care about. Add a phone number too if you can.
3. Camp is tough on clothes and gear, be sure you are sending items that can get roughed up.
4. Pack a separate bag or trash bag that can be used for dirty clothes.
5. **For trips**, the motto "2 is 1 and 1 is none" fits. Anything that is critically important should have a backup set. Headlamp, water bottle, warm layers, etc.
6. **For trips**, do not send brand new boots. All footwear should be comfortable and well broken in before going on trail. New boots are likely to be uncomfortable and cause blisters if they have not been broken-in first. 2 weeks prior to camp have your camper wear their new boots a couple hours each day doing moderate activity. At least once, get them soaking wet and wear them for an hour or two, or until they are dry for best results..
7. Again, put your camper's name on everything you care about. Finding an item in "lost and found" will be significantly more successful if you have a name on it.

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. The main thing is that they are not too hot.
	1	Sweatpants	
	1	Pajamas (while at camp)	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	Think sturdy water footwear for walking in rivers with rocky bottoms. Heel strap is required
	1	Hiking shoes or Boots	This most important thing, beyond style and brand, is that they are comfortable footwear! Better to send a camper with old wore out sneakers than brand new boots that haven't been broken in. If you do choose to send boots, make sure the camper does some test walks (1-2 miles) before heading on trail.
	1	Campsite Shoes	*Optional* Old tennis shoes or crocs work well
	1	Tennis Shoes	For use at Camp and as an option for hiking
	1	Sleeping bag	Small enough to fit in a backpack/drybag - we do not recommend warmer than 20 degree bags for summer trips, 30-40 work great.
	1	Pillow	Small inflatable backpacking pillows work great - \$15-\$20 on Amazon.
	1	Twin Sized Sheet	Preferably fitted to cover mattress at Camp U-Nah-Li-Ya
	1 set	Toiletries	Toothbrush, toothpaste, soap, shampoo, feminine products, hairbrush, nail clippers, deodorant.

	1	Toiletry/Shower Bag	When walking from the cabin to the bathhouse it is super nice to have everything needed in one easy bag.
	1-2	Towel	1 for showers; 1 for the trail. Thin micro towels are great for trail - search "backpacking towel" on Amazon (\$10-\$15)
	1	Hat	Any hat that provides shade for the eyes
	1	Bandana	Because they are cool 😊
	1	Sunglasses	Polarized are best - you'll be able to see through the water better
	2	Water Bottle	32oz
	1	Sunscreen	8+oz bottle of SPF 30+
	1	Bug Spray/Bug Net	Yep
	1	Headlamp	Pack extra batteries
<b>Totally Optional</b>			
		Dry Bag	We will provide dry bags but you are welcome to send your own. 30L-40L recommended
		Spending money	Possibility of gift shop/souvenirs while on trail
	1	Camera	Waterproof digital cameras work great, please do not send cell phones or extremely valuable photography equipment.
	1	Journal/Book	
	1	Fishing Pole	The rivers and lakes we travel have opportunities for small and large mouth bass, trout, panfish, and northern pike. Please include a small tacklebox to keep hooks safe. Please do not bring bait, artificial lures only, we cannot keep bait cold on trail.
	1	Deck of Cards	
	1	Hammock	Of all the optional gear we could recommend, this is the top. Hammocks are great for trail and not too expensive, Menards sells hammocks for around \$15.
		Favorite Snacks	A few snacks are great, be sure to check them in with the trail staff. Nothing with nuts please.
<b>Please do NOT bring</b>			
Electronics, cell phones, 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.