## YMCA Camp U-Nah-Li-Ya Packing List 1 Week River / Lake Canoeing 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. <u>For trips</u>, 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   *Optional* For daytime hiking on trail/bug protection. The main thing is that they are not too hot.     1   Sweatpants   *Optional* For daytime hiking on trail/bug protection. The main thing is that they are not too hot.     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   Think sturdy water footwear for walking in rivers with rocky bottoms. Heel strap is required     1   Hiking shoes or Boots   *Optional* Usually a god pair of water shoes are fine and boots are not needed on river trips. Lake cance trips usually require portaging from one lake to another, good hiking boots are much more useful in those situations.				
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	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		
Totally Optional					
		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		
		Ű	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		
		VMCAC	staff. Nothing with nuts please.		
Please do NOT bring					
Electronics, cell phones, illegal drugs, tobacco, alcohol, weapons					
		, PLA	ACE OF PRIENDS		

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.