

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 if you will need accommodations. Please leave valuables at home – Camp U-Nah-Li-Ya is not responsible for lost, stolen, or damaged items.

