

YMCA Camp U-Nah-Li-Ya Teen Leadership 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
	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	
	1-2	Sweatpants/Athletic Pants	
	1	Pajamas	Top and bottom
	6-8	Underwear	Include sports bras for female campers
	1-2	Swimsuit	One-piece swimsuit encouraged
	6-8	Socks	Preferably socks that prevent blisters
	1	Water Shoes/Sandals	Heel strap is required
	1	Tennis Shoes	Broken in before camp to prevent blisters
	1	Back-up Shoes	*Optional* Close toed
	1	Sleeping bag	
	1	Pillow	
	1	Twin Sized Sheet	Preferably fitted to cover mattress
	1 set	Toiletries	Toothbrush, toothpaste, soap, shampoo, feminine products, hairbrush, sunscreen, deodorant, etc.
	1-2	Towel	1 for showers; 1 for the waterfront
	1	Hat	
	1	Sunglasses	
	2	Water Bottle	Preferably 32oz
	1	Headlamp/Flashlight	Pack extra batteries if needed
	1	Backpack	Sturdy and large enough to carry all gear for overnight trip (no drawstring bags).
	1	Notebook	Used for taking notes during leadership sessions.
Optional			
	1	Camera	Cameras on cell phones are not considered cameras.
	1	Journal/Book	
	1	Bug Spray/Net	
	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			

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.