

Tulalip Natural Resources Outdoor Youth Camps



Packing List



Safety:

You will be living outside, so having the right clothing is important for your comfort and safety. There could be rain, snow, hot sun, or strong winds during the camp. Our clothing list reflects the importance of the “layering” principle. Dressing in several light layers rather than one heavy layer allows you more flexibility as the weather and workloads change. Please review this checklist carefully and make sure you have all the required items. There is very limited space in the minibus and in your backpacks, so **PLEASE BRING ONLY WHAT IS ON THIS LIST.**

Saving Money:

All gear on this list is available for check out through the YMCA program. But if you would like to purchase your own gear, you do not need to buy all gear at camping stores or specialty stores. You can find many of these items at thrift stores such as Goodwill or Value Village. If you do not have any item on the list and don't wish to buy it, to borrow from the YMCA Bold/Gold, please complete and return the **Gear Checkout/Request Form**. Sleeping bags, sleeping pads, backpacks, as well as clothing and other required personal items, will be available for loan from the YMCA Bold/Gold.

Group Gear:

All group gear will be provided including tents, all food, cooking stoves and supplies, first aid kits, repair kits, and safety equipment.

Gear Check:

We will check your gear before we depart to make sure you have everything you need and nothing you do not. **We may ask you to leave behind something to be stored securely if we think it will be unnecessary or inappropriate.**

Medications:

If you are on any medication, prescribed or over the counter, we need to know about it. Please indicate it on your medical form. Any medication must be approved before your course begins. If it is approved, **make sure to bring double the amount you need in separate waterproof, non-breakable containers with dosage instructions.** If you use an

inhaler, please bring an extra in case one is lost or broken. Instructors will keep all medication with them. **If you need epinephrine, please bring a kit with you.**




Alcohol/Drugs/Cigarettes:

No alcohol, drugs, or cigarettes are allowed during any time of our course. If such items are found in a student's possession, it will be grounds for expulsion and immediate evacuation from course at the family's expense.







Why No Cotton?

Cotton is not a good fabric for the outdoors because it **will not keep you warm** when it gets wet, and it takes a very long time to dry. Also, avoid any blends with cotton. PLEASE CHECK YOUR TAGS! **Wool, fleece (aka pile), capilene, and polypropylene (100% polyester)** are good fabrics for the outdoors!






Head:

-  **1 warm hat:** wool, fleece, or polypropylene.
-  **1 sun hat:** baseball cap or wide-brim hat.
-  **1 pair sunglasses:** with a neck strap if possible

Upper Body:

-  **1-2 Lightweight long underwear top:** polypropylene (100% polyester).
-  **1 Warm pullover or sweater:** polyester, fleece, or wool.
-  **1 Warm fleece jacket**
-  **1 Waterproof rain jacket:** 100% waterproof, not water resistant! Must have a hood.
-  **1-2 Short sleeve t-shirt:** preferably synthetic but cotton is okay.
-  **2 bras (if worn):** jog/sport bras are generally preferred.

Lower Body:

-  **1-2 Pair Long Underwear Bottoms:** polypropylene (100% polyester).
-  **1 Pair Warm Synthetic Long Pants:** fleece or wool is fine.
-  **1 Pair Rain Pants:** 100% waterproof, not water resistant! Coated nylon or water proof/breathable fabric.
-  **1 Pair Shorts:** Lined, nylon athletic or running shorts work great. No jean cutoffs or cotton.
-  **2-3 Pairs Underwear:** cotton is okay though synthetic with cotton lining is preferred.

Feet:

-  **2-3 Pairs of Socks:** wool or synthetic.

- 🎒 **1 Pair Light-Medium Wight Hiking Boots:** Boots should be well broken in with solid ankle support and good treads. If you are just buying boots, make sure to do some hiking in the boots will before the trip. These boots are critical to your being comfortable while backpacking. Tennis shoes or sneakers are not suitable for the terrain and travel we will be doing and are not suggested for this trip.
- 🎒 **1 Pair of Camp Shoes:** Lightweight sneakers or running shoes that will be worn around camp.
- 🎒 **1 Pair of Water Shoes or AquaSocks:** to be able to swim, shoes must be worn to protect feet from rocks, etc in the water. These shoes must be different than the hiking or camp shoes since they need to stay dry for other activities.

Miscellaneous Clothing (Optional):

- 🎒 **1 Swimming Suit:** nylon blends are the best.
- 🎒 **2-3 Bandanas:** cotton is ok.
- 🎒 **1 Pair of Gloves**







Gear:

- 🎒 **Synthetic Sleeping Bag (+25° or warmer):** no cotton-lined, down, or feather bags.
- 🎒 **Compression Stuff Sack:** to compress and store sleeping bag.
- 🎒 **Sleeping Pad:** a three-quarter or full-length open or closed-cell foam pad.
- 🎒 **1 Large Internal-Framed Backpack:** 3500-5500 cubic inches (60-75L) with adjustable straps and hip belt.

Personal Items:

- 🎒 **2 Water bottles:** durable plastic or stainless steel, wide-mouthed, at least 27 to 34 ounces each.
- 🎒 **Eating Utensil:** one spoon, one plastic bowl or Tupperware with lid, and one plastic mug (optional).
- 🎒 **1 Headlamp:** with extra batteries.
- 🎒 **Whistle with neck strap:** string or cord for the neck strap works fine. To be worn at all times.
- 🎒 **3-4 Heavy Duty Trash Bags:** to keep clothes and sleeping bag dry.
- 🎒 **2-3 Large Ziploc freezer bags:** to waterproof items.
- 🎒 **1 Small Towel:** quick-dry synthetic pack towels are ideal, but a small cotton hand towel is fine.
- 🎒 **Toilet Kit:** toothbrush, toothpaste, comb or brush.
- 🎒 **Sunscreen and Lip Balm:** SPF 15 minimum.
- 🎒 **Insect repellent:** small/personal size.
- 🎒 **2 pair Prescription eyewear:** if necessary – don't forget your case, and saline/cleaning solution.
- 🎒 **Prescription Medication/Inhaler:** Please give to instructor.
- 🎒 **Tampons or Pads:** if necessary.

Please do NOT bring:

-  MP3 players or iPods
-  iPads or tablets
-  Cell phones
-  Pocket knives or hatchets
-  Jewelry or other valuables
-  Make-up or perfume

We will be holding an orientation a couple weeks before each camp to try on gear from the YMCA, meet camp leaders, receive and fill out the gear/clothing request form, etc.

If you have any questions, please feel free to call Kelly Finley @ (360) 716-4604 or Libby Nelson @ (360) 716-4639.