



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Packing List for a YMCA Camp Cullen Retreat

### Required

- **Bedding – Rooms, which are shared, consist of bare bunk beds . You may disagree over the temperature at which your room is kept so come prepared to adapt.**
- **Toiletries – We will provide the toilets and the showers, also sinks**
- **Clothing – Activities will be outdoors, and while this is Texas, it isn't always warm. We also recommend bringing extra clothes, just in case.**
- **Sturdy shoes – For those who haven't been to YMCA Camp Cullen before, there is a fair amount of walking involved. Closed toes shoes are REQUIRED for high ropes activities.**
- **Flashlight – It gets dark at night at camp. You may also want to bring some extra batteries.**
- **Bug spray and Sunscreen - You'll thank us later.**
- **You may get dirty, smoky, wet, sweaty – plan accordingly**

### Optional

- **Ear plugs (this is under optional, but highly recommended)**
- **Snacks – We will feed you, but you may find that we don't feed you EXACTLY what you want, and no one wants to be left without a backup snack.**
- **Puppy treats – There may be a puppy, and if you want her to love you, a bribe may come in handy.**

Please direct any questions to  
Conference Director Jeremy Hickman at 936-594-2274.