



## PACK YOUR BAGS, IT'S CAMP TIME!

### YMCA Camp Cullen Teen Adventure Camp Suggested Packing List

#### Clothing

- 1 pair of robust hiking boots/shoes
- 1 pair flip flops for the showers
- 1 pair sandals with ankle strap
- 10 pairs of underwear
- 5 t-shirts
- 2 non-cotton synthetic shirts
- 1 long-sleeve non-cotton synthetic shirt
- 2 pairs of hiking shorts
- 2 pair of athletic shorts
- 2 pairs of synthetic socks
- 1 pair of synthetic liner socks
- 4 pairs of cotton socks
- rain jacket
- 1 cool weather jacket
- 1 warm pull over for the cool evenings and nights
- rain pants
- sun hat or baseball cap (protection from the sun)
- cool weather hat and gloves
- small day pack or small backpack
- 1 heavy duty water bottle (32 oz)

#### Not Allowed

- cell phone
- weapons (guns, explosives)-a pocket knife is allowed
- electronics of any kind
- non-prescribed medication

#### **BOLD/GOLD will provide the following**

- 60 liter backpacking pack with built in frame
- sleeping bag
- sleeping mat
- personal head lamp
- group gear – cooking equipment, water containers, tents, maps, etc..
- bowls, plates, spoons, cups, forks, etc..

#### Toiletries

- soap and soap dish
- toothbrush and toothpaste
- brush or comb
- shampoo and conditioner
- washcloths
- bath towel
- 1 flashlight with extra batteries

#### Optional

- insect repellent
- paper, pen, envelope and stamps
- camera
- watch
- sunscreen or sun block

- All participant are welcome to bring their own personal gear with them on the trip if they prefer.
- If you are in need of any items list above we have extra items we can share. Please let us know and we can check it out to you.
- Brian Carrico [brianc@ymcahouston.org](mailto:brianc@ymcahouston.org) 713-875-7921