

YMCA Camp U-Nah-Li-Ya

PACKING LIST - BACKPACKING

Let's get your camper ready to hit the trails of the Northwoods and the UP! The following is a recommended list for a one-week backpacking trip. If your camper is staying two weeks, you can double the amount of clothing. Don't forget to mark your camper's items with a permanent marker in case they are misplaced.

Camp U-Nah-Li-Ya provides on trail necessities: tents, backpacks, dry bags, sleeping pads, stoves, cooking gear, water filters, etc. Please attempt to pack your camper's gear into one bag, as this makes for easier travel and lessens the likelihood of misplaced belongings.

ITEM	QUANTITY	DESCRIPTION	✓
Sweatshirt/Jacket	1-2	If your camper tends to get cold, please make sure they can layer these items. Synthetic material dries faster than cotton.	
T-shirts	4	2 for trail and 2 for camp; can be long or short sleeve or a mix of both. It is nice to have a backup of each in case one set gets wet but know that clothes will get dirty and stinky on the trips and that is part of the fun!	
Rain Jacket/Poncho	1	Durable enough to last all week	
Athletic Shorts	5-6		
Lightweight/Athletic Pants	1	*Optional* For daytime hiking on trail/bug protection. The main thing is that they are not too hot.	
Sweatpants	1		
Pajamas	1		
Underwear	6-8	Include sports bras for female campers	
Long Underwear	1	Top and Bottom to wear as base layer on trail	
Swimsuit	2	One-piece swimsuit encouraged	
Socks	6-8	Preferably socks that prevent blisters	
Water Shoes/Sandals	1	Think sturdy water footwear for walking in rivers with rocky bottoms. Heel straps are required. Brands such as Chaco, Teva, or Keen have all held up well in our experience. Crocs are not the best choice as once they become wet, they become slippery.	
Hiking shoes or Boots	1	The most important thing is to make sure they are well broken in BEFORE coming to camp.	
Campsite Shoes	1	*Optional* Old tennis shoes or crocs work well	
Tennis Shoes	1	For use at Camp or if something happens to your boots	

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Sleeping bag	1	Small enough to fit in a backpack/drybag - we do not recommend warmer than 20-degree bags for summer trips; 30-40 work great.	
Pillow	1	Small inflatable backpacking pillows work great - \$15-\$20 on Amazon.	
Twin Sized Sheet	1	*Optional* Preferably fitted to cover mattress at Camp U-Nah-Li-Ya	
Toiletries	1 set	Toothbrush, toothpaste, soap, shampoo, feminine products, hairbrush, lotion, deodorant, hair ties, lip balm	
Toiletry/Shower Bag	1	When walking from the cabin to the bathhouse, it is super nice to have everything needed in one easy bag.	
Towel	1-2	1 for showers; 1 for the trail. Thin micro towels are great for trail - search "backpacking towel" on Amazon (\$10-\$15)	
Hat	1	Any hat that provides shade for the eyes	
Bandana	1	Because they are cool 😊	
Sunglasses	1	Polarized are best - you'll be able to see through the water better	
Water Bottle	2	Reusable, 32oz	
Sunscreen	1	8+oz bottle of SPF 30+	
Bug Spray/Bug Net	1	Yep	
Headlamp	1	Pack extra batteries	
OPTIONAL ITEMS			
Backpack		Bringing your own hiking backpack is not necessary, but if your camper already has one that they would like to use, that is welcome. Please make sure it is at least 65L or bigger as it will need to be big enough to carry their personal gear as well as a portion of shared group gear (food, cookware, tents, etc.)	
Spending Money		In case you find a souvenir you just can't live without 😊	
Hammock		Hammocks are great for trail life and lightweight	
Journal/ notepad			
Book			

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Deck of Cards			
Camera		Nothing fancy and not a cell phone	
ITEMS TO LEAVE AT HOME			
Cell Phones and Electronics (iPods, Game Systems, Smart Watches, Air Pods)			
Weapons, Drugs, Alcohol, and Expensive Jewelry			

Hot Tips:

1. Pack with your camper so they know what they are bringing.
2. Put your camper's name on everything you care about.
3. Camp is tough on clothes and gear; be sure you are sending items that can get roughed up.
4. Pack a separate bag, or trash bag, that can be used for dirty clothes.
5. For trips, the motto "2 is 1 and 1 is none" fits. Anything that is critically important should have a backup available. Such as headlamps, water bottles, warm layers, etc.
6. Do not send brand new boots. All footwear should be comfortable and well broken in before going on trail. New boots are likely to be uncomfortable and cause blisters if they have not been broken in first. At least two weeks before a trip, start wearing boots for a couple of hours per day while doing moderate activity. At least once, get them soaking wet and wear them until they are dry.

