

YMCA Camp U-Nah-Li-Ya

PACKING LIST – OVERNIGHT CAMP

The following is a recommended list for a one-week session. Don't forget to mark your camper's items with a permanent marker in case they are misplaced.

ITEM	QUANTITY	DESCRIPTION	✓
Sweatshirt/Jacket	1-2	If your camper tends to get cold, please make sure they can layer these items.	
T-shirts	7	1 shirt/day; can be long or short sleeve or a mix of both	
Rain Jacket/Poncho	1	Durable enough to last all week	
Athletic Shorts	5-6		
Lightweight/Athletic Pants	1	*Optional* The main thing is that they are not too hot.	
Sweatpants	1		
Pajamas	1		
Underwear	6-8	Include sports bras for female campers	
Swimsuit	2	One-piece swimsuit encouraged	
Socks	6-8		
Water Shoes/Sandals	1		
Tennis Shoes	1		
Sleeping bag	1		
Pillow	1		
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 swimming.	
Hat	1	Any hat that provides shade for the eyes	

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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/Flashlight	1	Pack extra batteries	

OPTIONAL ITEMS

Dirty Laundry Bag			
Messy Clothes		Just in case we have a messy day...	
Journal/ notepad			
Book			
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)

Pocket Knives, Weapons, Fire Starters, Drugs, Alcohol, and Expensive Jewelry

New clothes/new shoes - Campers need to be free to play and not worry about ruining anything while here at camp!

