

YMCA Camp U-Nah-Li-Ya Rocks and Rapids Packing List

Pack your camper the clothes that they will feel most comfortable in. This trip is spent mostly on trail, so remember that you don't need to bring very much – whatever you take with you on the trip you will have to carry the entire trip. The lighter you pack the better!

Check	Qty.	Item	Description
		ID Card	To access recreation areas
	1-2	Sweatshirt/Jacket	If your camper tends to get cold, please make sure they can layer these items. While on trail, synthetic material dries faster than cotton.
	3-4	T-shirts	You will bring 1-2 of these with you on trail, and wear the others during your time at Camp. These can be long or short sleeve.
	1	Rain Jacket/Poncho	Durable enough to last all week
	3-4	Athletic Shorts	1-2 for on trail, others for Camp. A "quick-dry" pair for on trail is preferred.
	1	Lightweight/Athletic Pants	*Optional* For daytime hiking on trail/sun and insect protection
	1	Sweatpants	To wear at night on trail/to sleep in on trail *optional if you prefer to wear your long underwear*
	1	Pajamas	Top and bottom; For nights spent at Camp
	6-8	Underwear	Include sports bras for female campers
	1	Long Underwear	Top and Bottom to wear as base layer on trail
	1	Swimsuit	One-piece swimsuit encouraged
	5-6	Socks	Preferably socks that prevent blisters; Wool or Wool blends are great for on trail
	1	Water Shoes/Sandals	Heel strap is required. Sturdy enough to walk on rocky river bottoms.
	1	Hiking shoes or Boots	Broken in before camp to prevent blisters
	1	Campsite Shoes	*Optional* Old tennis shoes or crocs work well
	1	Tennis Shoes	For use at Camp
	1	Sleeping bag	Small enough to fit in a backpack; smaller and lighter is better. Warm weather temperature rating, not warmer than 30 degree recommended.
	1	Pillow	For nights at Camp
	1	Twin Sized Sheet	Preferably fitted to cover mattress - optional for time at camp.
	1 set	Toiletries and Toiletry Bag/Case	Toothbrush, toothpaste, soap, shampoo, feminine products, hairbrush, nail clippers, deodorant, etc.
	1	Towel	Camp towels work great - \$15 on Amazon, search "Camp Towel"
	1	Hat	
	1	Bandana	
	1	Sunglasses	
	2	Water Bottle	32oz
	1	Sunscreen	8+oz bottle of SPF 30+
	1	Bug Spray/Net	

	1	Headlamp	Pack extra batteries if needed
Optional			
		Personal Gear	Trip-specific gear: backpacking backpack, sleeping pad, fishing pole, etc.
		Spending money	Gift shop/souvenir opportunities on trail.
	1	Camera	Cameras on cell phones are not considered cameras.
	1	Journal/Book	
	1	Deck of Cards	
Please do NOT bring			
Food of any kind (gum, candy or snacks), electronics, cell phones, magazines, cosmetics, illegal drugs, tobacco, alcohol, weapons			

Camp U-Nah-Li-Ya Provides on trail necessities: tents, backpacks, dry bags, sleeping pads, stoves, water filters, etc.

Please attempt to pack all your camper's gear into one bag, as this makes for easier travel and lessens the likelihood of misplaced belongings. Camp U-Nah-Li-Ya provides washing services in emergencies. We are happy to help accommodate for campers that cannot bring all the items listed – please contact us ahead of time if you will need accommodations. Please leave valuables at home – Camp U-Nah-Li-Ya is not responsible for lost, stolen, or damaged items.