

YMCA CAMP SEYMOUR

QUEST PACKING LIST

YMCA Camp Seymour will supply tents, stoves, trip food, snacks, canoes, maps, first aid kits, and other essential 'group gear.'

During the virtual pre-trip meeting we will answer questions and go over proper equipment. If you have any questions about items on this list or where to get them after that meeting, please call Camp at 253-884-3392 or email campseymour@ymcapkc.org.

Trips are hard on clothing and equipment. Consider each item carefully as you pack. Is it durable? What would happen if it were torn, lost, or damaged? All clothing and equipment will be unpacked and evaluated at camp as part of trip preparation. Bring a small bag for items you do not take with you on the trip, and to keep a change of clean clothes at camp for your return. All personal belongings should be plainly marked for identification.

Dress code: Teens are expected to wear clothing appropriate for active days in the outdoors; and swim suits appropriate for swimming and water games. Please work with your teen to select modest, athletic, durable clothing for camp. Our expectation is that clothing covers bathing suit areas and undergarments.

Note: Quest involves carrying all of your packed belongings, consider weight and size of equipment when choosing gear. Also consider that you will likely end up wearing the same thing each day while "on trail." Synthetic or non-cotton items will often be suggested as these will allow for better body temperature regulation and will not hold water like cotton clothing does. Wearing cotton items on trail can seem comfortable, but once wet they do not dry quickly, they make you very cold, and are then much heavier to carry.

Lost and found: YMCA Camp Seymour is not responsible for lost, damaged, or stolen items. Label items plainly with your name, and check through all belongings when you return home. If you are missing an item, please call camp. All unclaimed items will be donated 14 days after the session has ended.

PLEASE BRING:

- Internal or external frame pack (about 4000 cubic inches; available to borrow from Camp Seymour. call 253-884-3392 or email twilbanks@ymcapkc.org to reserve.
- Footwear for hiking (sturdy waterproof boots, well broken in, fitting comfortably with 1 liner sock and 1 wool sock, at least ankle height)
- Hiking Socks (3 pair, wool or synthetic, no cotton)
- Liner socks (2 pair) (synthetic "wicking" sock (e.g. polypropylene); no cotton)
- Footwear for paddling & wading (water sandals with back straps, aqua socks, or another quick drying alternative; no flip flops or slides)
- Fleece or wool hat
- Hat with brim (baseball cap, bucket hat, sun hat)
- Long underwear top and bottoms (1-2) (Synthetic (e.g. polypropylene or capilene). NO cotton or flannel)
- Fleece or wool jacket/sweater (1-2)
- Pants (2, synthetic, fleece, or wool – no jeans or cotton sweat pants)
- Short-sleeve shirts (3) (synthetic, no cotton) (4) (to wear on day not on trail; can be cotton)
- Nylon shorts (2 pair)
- Raingear (Waterproof jacket with hood and rain pants – no ponchos. Stitched seams, no heat seal)
- Swimsuit (for active play – no bikinis or Speedos)
- Small quick-drying towel
- Underwear (10) (enough for every day with a few extra)
- Bandana (cotton okay)
- Sunglasses
- Sunscreen & lip balm (SPF 15+)
- Small flashlight or headlamp, with extra batteries (might suggest one of each)
- Sleeping bag and stuff sack (synthetic or down insulation, mummy-style bag preferred, avoid cotton)
- Sleeping pad (closed-cell foam or "therm-a-rest" style)
- 1 qt. water bottles (2) (Nalgene-style)
- Insect repellent (small, non-aerosol)
- Whistle (waterproof)
- Heavy-duty garbage bags (3)
- Gallon Ziploc bags (5)
- Journal/notebook, pen

Mess Kit:

- Insulated mug w/ lid
- Durable fork & spoon
- Bowl w/ lid (Tupperware works well)
- Small nylon or mesh bag for storage

Toiletry kit:

- Toothbrush & small tube of toothpaste
- Toilet paper (1/2 - 3/4 roll in Ziplock Bag)
- Contact lens wearers: • extra pair of contacts, lens • cleaner, extra eyeglasses • glasses strap required
- Hand sanitizer
- Unscented deodorant
- Feminine hygiene products for females
- Medications, vitamins (in original containers, will be collected by staff at check-in)
- Current I.D. (WA state photo ID or school ID)
- 2 changes of clothes, shampoo/soap, towel, and pillow, for use while in Camp (to be left at Camp during trip)

Optional Items:

- Small camera and film (disposable or waterproof suggested)
- Book (to read during down time or on the solo day)
- Travel games for at camp and on trail (non-electronic of course. Cards, Sudoku books, etc.)
- Money for possible stops at gas stations during travel time (\$20)
- Sit pad (small piece of closed-cell foam)
- Fleece or wool gloves, fleece vest
- Unscented baby wipes (these will get packed out if used on trail)
- Small nylon "stuff sacks" for organizing gear (can also use Ziplock bags)

Personal sports equipment: Personal footwear, apparel, and gloves are permitted at camp; all other personal sports equipment (PFD's, climbing rope, archery bows, etc.) are prohibited. Camp Seymour will provide sports equipment for all program activities. Additionally, Camp Seymour has a limited supply of backpacks, sleeping bags, and sleeping pads available for loan with advance reservation through an online survey provided to you after the pre-trip meeting.

Prohibited Items

The following items (or any other inappropriate or hazardous items) are not permitted on any YMCA Camp Seymour trip. If campers do bring them, the items will be confiscated and returned to parents or guardians at check-out.

- Electronic devices of any kind (including Cell Phones, smartwatches, CD/MP3 players, electronic toys/games, laptops, e-readers, etc.). They are too heavy to carry and are a distraction from the trip experience.
- Hair sprays/gels, face washes, make-up, perfume, body creams, scented soaps, etc. should not be packed, the odor of these items attracts bears, raccoons, and other animals.
- Valuables – if you would be very sad to lose it or ruin it, do not bring it!
- Pets – even to check-in/out.
- Weapons, knives (including pocket knives), fireworks, matches
- Alcohol, drugs, or tobacco products, including vapes, e-cigarettes, and paraphernalia