

# YMCA CAMP SEYMOUR

## TREK PACKING LIST

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

During the 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** then, please call camp at 253-884-3392 or email [campseymour@ymcapkc.org](mailto: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 duffel 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 private areas and undergarments.

### PLEASE BRING:

- Sleeping bag, w/stuff sack and plastic trash bag
- Pillow
- Laundry bag/pillow case for dirty clothes
- Wash kit (w/soap, shampoo, toothbrush and toothpaste)
- 2 Towels (1 for swimming, 1 for showers)
- Flashlight and/or headlamp (and extra batteries)
- Sunscreen (minimum SPF 15)
- T-shirts, underwear and socks- for two weeks
- 2 pairs of jeans or similar rugged pants
- 4-5 pairs shorts
- 2 Sweatshirts
- Warm jacket
- Waterproof raincoat with hood
- 2 pair shoes (1 pair of hiking boots, 1 pair of sturdy tennis shoes)
- Sandals (to be worn in and around water with a back strap, e.g. Chacos, Tevas, Crocs)
- Swim suit
- Pajamas

### Optional Items:

- White cotton T-shirt to tie-dye!
- Travel games, cards, books
- Pencil, paper, self-addressed envelopes, stamps
- Bug repellent (non aerosol)
- Journal
- Camera

### ADDITIONAL EQUIPMENT REQUIRED FOR TRIP

TREK campers will participate in a three-day, out-of-camp backpacking trip. In order to have a successful and enjoyable trip experience, all TREKers need to bring in addition:

- Backpack (about 3000-4000 cubic inches) Limited supply available from Camp Seymour
- Footwear for hiking - Sturdy waterproof boots, well broken in, fitting comfortably with 1 liner sock and one wool sock, at least ankle height.
- Footwear for around campsite (sandals with back straps; no flip flops or slides)
- Fleece or wool hat
- 1 pair synthetic Long underwear top and bottom (no cotton or flannel)
- Fleece or wool sweater
- Pants (1-2 fleece, wool, or synthetic-NO JEANS OR COTTON SWEATPANTS)
- Shorts (synthetic)

- Hiking Socks (2-3 pair-wool or synthetic, no cotton)
- Sleeping Pad (closed cell pad or "therma rest" style)
- Rain Gear- jacket and pants (tops and bottoms stitched seams. No ponchos or heat-sealed)
- Mess kit: Mid-size "Tupperware" style bowl with lid. Insulated plastic mug, fork and spoon, mesh bag for hanging and drying dishes.
- 2 Water bottle (Nalgene style)
- Current ID
- Whistle
- Heavy duty garbage bags (3)
- Gallon Ziploc bags (3-4)

### **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 at check-out.

- Electronic devices of any kind (including Cell Phones, smartwatches, CD/MP3 players, electronic toys/games, laptops, e-readers, etc.). Campers are encouraged to unplug and we ask that they are electronic free while at camp. Plus, 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

**Note:** TREK 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.

**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.

**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. Remember that they will be on trail, if it is lost while off-site it will likely not be found.