

YMCA CAMP SEYMOUR

TEEN WILDERNESS ADVENTURE PACKING LIST

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

Camp Staff will answer questions and go over proper equipment at the pre-trip meeting; if you have any questions about items on this list or where to get them after that, 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. We suggest leaving clothing items that contain cotton at home as they do not fare well when wet. Bring a small bag for items you do not plan to 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.

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.

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 a parent or guardian at check-out.

- **Electronic devices of any kind** (including cell phones, CD/MP3 players, electronic toys/games, laptops, e-readers, smartwatches, etc.). They are a distraction from the trip experience and could easily be lost or damaged.
- Weapons, knives (including pocket knives), fireworks, matches, etc.
- Alcohol, drugs, tobacco products, including vapes or e-cigarettes
- Hair sprays/gels, face washes, make-up, perfume, body sprays, 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.

PLEASE BRING:

- ☐ Small duffel bag or backpack for belongings that will be staying at camp
- ☐ Fleece or wool hat
- ☐ Hat with brim (baseball cap or bucket hat)
- ☐ Long underwear top and bottoms (1-2) (Synthetic, NO cotton or flannel)
- ☐ Fleece or Wool Shirt/Sweater (1-2)
- ☐ Pants (1-2, fleece, wool, or synthetic – no jeans, no cotton sweat pants)
- ☐ Short-sleeve shirts (2) (avoid cotton, synthetic or dry-fit is best)
- ☐ Nylon shorts (4 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
- ☐ Hiking Socks (2-3 pair, wool or synthetic, no cotton)
- ☐ Underwear
- ☐ Bandana (cotton okay)

- ☐ Sunglasses
- ☐ Sunscreen & lip balm (SPF 50+, non-aerosol)
- ☐ Small flashlight and/or headlamp, with extra batteries (in ziplock bag)
- ☐ Sleeping bag and stuff sack/compression sack (synthetic or down insulation, mummy-style bag preferred, avoid cotton)
- ☐ Sleeping pad (closed-cell foam or "therm-a-rest" style)
- ☐ Internal or external frame backpack (about 3000-4000 cubic inches) Limited supply available from Camp Seymour
- ☐ 1-quart water bottles (2) (Nalgene-style)
- ☐ Insect repellent (small, non-aerosol)
- ☐ Whistle (waterproof)
- ☐ Heavy-duty garbage bags (4)
- ☐ Journal/notebook, pen
- ☐ Current I.D. (WA state photo ID or school ID)
- ☐ 2 changes of clothes, shampoo/conditioner/soap, towel, and pillow, for use while in Camp, in a duffel or other bag (to be left at Camp Seymour during trip)
- ☐ Footwear for hiking (sturdy waterproof boots, well broken in, fitting comfortably with 1 liner sock and 1 wool sock, at least ankle height)
- ☐ Footwear for paddling & wading (water sandals with a back strap or another quick drying alternative; no flip flops or slides)
- ☐ Footwear for around campsite and on-land explorations (lightweight closed-toe shoes – must cover entire foot)
- ☐ Liner socks (2 pair) (synthetic "wicking" sock; no cotton)
- ☐ Long sleeve, synthetic t-shirt (cool-max or other breathing/wicking material; essential for sun protection)

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
- ☐ Unscented deodorant
- ☐ Feminine hygiene products
- ☐ Medications, vitamins (**in original containers**, will be collected by staff at check-in)

Optional Items:

- ☐ Small camera and film
- ☐ Travel games, cards, books
- ☐ 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
- ☐ Hand sanitizer and/or unscented baby wipes
- ☐ Small dry bag or small nylon "stuff sacks" for organizing gear and keep items accessible when kayaking
- ☐ Kayaking or Cycling Gloves (to prevent blisters)
- ☐

Notes: Backpacking 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. Camp will provide a 'dry bag' in which to pack your gear while kayaking.