



Frost Valley YMCA  
2010 Adventure Trips

# Adventure Village - Packing List



**\*\*BE SURE TO LABEL ALL PERSONAL GEAR WITH YOUR FULL NAME\*\***

## Clothing

- Synthetic long underwear top & bottom
- 1-2 Heavyweight non-cotton tops or jackets
- 2 Non-cotton pants (warm-up pants, synthetic, nylon, etc)
- 3-4 Jeans/pants
- 1 Non-cotton sweatshirt (fleece)
- 1-2 Sweatshirts (cotton's fine!)
- 4 Long sleeve cotton/poly blend shirt
- 2 T-shirts (non-cotton)
- 8 T-shirts (non-cotton or cotton)
- 2 Quick drying shorts
- 4-6 Any fabric shorts
- Waterproof rain jacket & pants (no ponchos)
- 12 pairs of underclothes
- 6 pairs of regular socks
- 6 pairs of wool or poly-blend socks
- Hat with good sun-protection
- Winter hat
- 2 Swim suits
- 1 Belt
- 2 Sets of pajamas
- 4 Bath towels
- 1 laundry bag
- Pair hiking boots\* (above ankle)
- Pair of sneakers
- Pair old sneakers or sport sandals with covered toe and ankle strap that can get wet\*

*\*Boots and sandals should be broken in before the trip to ensure proper fit and comfort and to prevent blisters\**

*\*\*Items can be borrowed from Frost Valley upon request*

## Essential Items

- Sleeping bag with stuff sack (30 degree or lower). Synthetic bags are lighter and dry quickly; bag must be able to pack small\*\*
- Headlamp with extra batteries
- 2 Nalgene (or similar) water bottles (32 oz.)
- Toothbrush and travel-sized toothpaste
- Showering items (shampoo, soap, etc...)
- Comb or brush
- Day pack (regular size backpack)
- Sunblock (30 SPF min)
- Pre-addressed postcards & stamps to write home!

## Preferred Items

- Mug, bowl & spoon  
(get misplaced often, please don't send your best)\*\*
- Sleeping pad (must pack small)
- Sunglasses with retaining cord
- Bandana
- Small pack towel (quick dry)

## Convenience Items

- Pillow & pillowcase
- Blankets & sheets for bed in village
- Lip balm
- Journal and pencil
- Disposable camera
- Insect repellent
- Baseball glove, musical instrument, etc.
- Mini-trip specific gear  
(i.e. bike helmet, climbing shoes, backpack, etc.)
- Costumes (for fun!)
- Wide brimmed hat (for canoeing)

Proper clothing and equipment are essential to prevent safety issues such as sprained ankles, sunburn, hypothermia, and blisters. Campers must have the essential gear listed in order to safely participate in Adventure Village activities and mini-trips. Adventure Village will participant in outdoor activities rain or shine. Therefore, having non-cotton, quick drying clothing that retains heat even when wet is important. In addition, Adventure Village campers sleep in platform tents and drying out clothing and equipment can be difficult during wet weather. Please leave personal electronics, such as iPods, computers and cell phones at home.

If you have any questions or difficulty finding the appropriate equipment, please do not hesitate to contact us. From the moment you think about a summer experience with us to long after your amazing camping experience is complete, Frost Valley Adventures is a partner to be called upon for any question or concern, big or small. You can reach us at the Adventure Trips office at (845) 985-2291 ext. 265 or e-mail us at [adventure@frostvalley.org](mailto:adventure@frostvalley.org).