



Frost Valley YMCA
2010 Adventure Trips

Jim Thorpe: Raft & Ride - Packing List



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

Clothing

- Synthetic long underwear top
- Synthetic long underwear bottom
- Heavyweight non-cotton top (fleece)
- Non-cotton pants
- Long sleeve cotton/poly blend shirt
- 6 T-shirts (non-cotton preferred)
- Shorts (quick drying fabric)
- Waterproof rain jacket (no ponchos)
- Waterproof rain pants
- Loose-fitting underwear
- 4 Pairs of wool or poly-blend socks
- Hat with good sun-protection
- Winter hat
- Swim suit
- Pair hiking boots* (above ankle)
- Pair old sneakers or sport sandals with covered toe and ankle strap*

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**
- Sleeping pad (must pack small)
- Mug, bowl, and spoon
- Headlamp with extra batteries
- 1 Bike water bottle (or camel pack)
- 1 Nalgene (or similar) water bottles (32 oz.)
- Toothbrush and travel-sized toothpaste
- Shower items (shampoo, soap, etc...)

Preferred Items

- Small sunscreen (30 SPF min.)
- Small insect repellent
- Sunglasses with retaining cord
- Bandana

Convenience Items

- Lip balm
- Comb or brush
- Journal and pencil
- Waterproof camera
- Small pack towel
- 3 Bungee cords (6 - 8 inch)

Personal electronics such as an iPod are acceptable during transportation to and from trip sites. All personal electronics will be locked up at Frost Valley or in the transport vehicle for the rest of the trip. **CELL PHONES ARE NOT PERMITTED ON ANY ADVENTURE TRIP.**

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 on the trip. 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 trip to long after your amazing Adventure Trip 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 email us at adventure@frostvalley.org.