



## Camp Speers-Eljabar YMCA Outdoor Center Suggested Clothing and Equipment List

\*Students will carry their own belongings over rough terrain for approximately 1/4 mile. It is a good idea to have your child pack his/her own bag, or at least be directly involved in the process. However, please assist her/him in thinking about packing modestly. Perhaps even have a practice carry session.

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| bedroll (2 sheets & blanket), or sleeping bag<br>pillow & case (optional)<br>1 bath towel & washcloth<br>soap (in plastic container)<br>toothbrush & paste<br>pajamas (1 pair only)<br>1-2 pair shorts (seasonal)<br>1-2 pair long pants<br>2-3 extra shirts<br>2-3 extra pair socks<br>2 changes of underwear<br>sweatshirt or sweater | plastic bag for laundry<br>camera (optional)<br>insect repellent<br>binoculars (optional)<br>tissues<br>chapstick (optional)<br>flashlight<br>*** extra pair of shoes or boots<br>hat & scarf (seasonal)<br>gloves & mittens (seasonal)<br>*** water bottle |
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### Important additional mandatory equipment

- Raincoat or poncho
- Rain hat if not on coat or poncho
- Extra pair of shoes or boots  
(waterproof, if possible)
- Warm coat or jacket  
(or a layering system)
- Medication (see medical form)

### Not Permitted

- Food, candy, gum, soda
- Knives/weapons
- Electronic equipment
- Blow driers
- Expensive items

### Notes:

- All necessary medications must be brought from home. The school will supply no medications. Please give any medication to Tr. Karen.
- Because of the elevation, expect the temperature at the center to be about 10 degrees colder than it would be at home. Cabins are heated.
- Be sure to label everything. We are not responsible for lost belongings.
- Pack bedding in a plastic bag to keep it dry in transit.
- Please pack in a small duffel bag for ease of carrying.
- Activities are held outside rain or shine, so all students should be prepared.