### **Packing List for Adventure Campers at YMCA Camp Jackson**

General Items:

* Backpack: For carrying personal belongings and daily essentials.
* Twin Bedding: Include a fitted sheet, a flat sheet, and a blanket for the camp cabin.
* Sleeping Bag: For added warmth during the overnight camping trip and cozy nights.

Clothing:

* T-shirts: (5-6) Comfortable, breathable shirts suitable for outdoor activities.
* Long-Sleeve Shirt: (2-3) For sun protection and cooler weather.
* Shorts: (3-4 pairs) Lightweight and flexible for hiking and adventures.
* Durable Pants: (2 pairs) Comfortable for rock climbing and other activities.
* Swimsuit: For water activities, including whitewater rafting.
* Lightweight Jacket or Sweatshirt: For cooler mornings and evenings.
* Hiking Boots or Sturdy Sneakers: Essential for hiking and outdoor activities, providing good support and grip.
* Sandals or Flip-Flops: For downtime and relaxing at camp.
* Socks: (6-7 pairs) Comfortable, moisture-wicking, and suitable for various activities.
* Underwear: (6-7 pairs)

Personal Items:

* Two Reusable Water Bottles: To stay hydrated during all activities.
* Sunscreen: A broad-spectrum sunscreen to protect against sunburn.
* Hat: A wide-brimmed hat for sun protection while outdoors.
* Insect Repellent: To keep bugs at bay during outdoor adventures.
* Toiletries: Toothbrush, toothpaste, soap, shampoo, conditioner, and a towel.
* Personal Hygiene Items: Such as a hairbrush or comb.

Adventure Gear:

* Climbing Gear: Camp will provide essential climbing equipment, but if the camper has their own rock climbing shoes, they may bring them (ensure they fit properly).
* Dry Bag or Waterproof Backpack: For keeping personal items dry during whitewater rafting.

Optional Items:

* Comfort Item: A small stuffed animal or blanket for extra comfort at night (please avoid valuable items).
* Book or Journal: For quiet time or downtime during camp (no technology).

### **Important Notes:**

* No Technology or Valuables: Please leave phones, tablets, and any valuable items at home.
* No Snacks: Camp provides meals and snacks; please do not pack extra food.
* No Drugs or Weapons: For the safety of all campers, please refrain from bringing any illicit substances or weapons.

Prepare for an exhilarating experience filled with adventure and personal growth at YMCA Camp Jackson! Be sure to label all clothing and personal items with your camper's name to help them keep track of their belongings as they embark on this exciting journey!