



**YMCA**  
**CAMP KANATA**

# OVERNIGHT CAMP PACKING LIST

**PLEASE MAKE SURE ALL ITEMS ARE MARKED WITH FIRST AND LAST NAME**

## Clothing

- ☐ 7-10 T-shirts
- ☐ 7-10 Pairs of shorts
- ☐ 7 Pairs of Socks
- ☐ 7-10 Pairs of underwear
- ☐ 4 Swimsuits
- ☐ 1 Long sleeve t-shirt or sweatshirt
- ☐ 1-2 Pairs of pajamas
- ☐ 1 Rain coat
- ☐ 1 Pair of closed-toe athletic shoes
- ☐ 1 Pair of sandals
- ☐ 1 Pair of shower shoes

## Linens

- ☐ 1 Set of twin sheets or sleeping bag
- ☐ 1 Pillow
- ☐ 1 Mattress Topper (optional)
- ☐ 1 Lightweight blanket/quilt
- ☐ 2 Bath towels and washcloths
- ☐ 2 Beach towel
- ☐ 1 laundry bag

## Toiletries

- ☐ Toothbrush/Toothpaste
- ☐ Hairbrush/Comb
- ☐ Soap/Body Wash
- ☐ Shampoo/Conditioner
- ☐ Toiletries Bucket

## Accessories

- ☐ Hat
- ☐ Sunglasses
- ☐ Flashlight with extra batteries
- ☐ Fan (box or clip-on)
- ☐ Extension Cord
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Water bottle
- ☐ Alarm Clock

## Optional Items

- ☐ Reading and downtime materials
- ☐ Sleep comfort items
- ☐ Small backpack or drawstring bag
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- ☐ Goggles (Not allowed for Swim Assessment)
- ☐ Crazy Creek or Camp Chair (Available at the Camp Store)
- ☐ Dress up clothes or small items to represent the week theme
- ☐ Pre-addressed, stamped envelopes (place in Ziploc bag to avoid moisture)
- ☐ Stationery
- ☐ Pens/Pencil

## Helpful hints

- Please refrain from overpacking and only bring the recommended packing list items to Camp.
- Packing in duffle bags, suitcases, trunks, plastic drawers or a plastic bin is recommended.
- For younger campers, we recommend packing outfits in ziploc bags to ensure the most efficient changing process throughout the week.
- Please label every item with your camper's name and a good phone number.

## PLEASE LEAVE THESE THINGS AT HOME:

- ANY electronic device that has cellular capacity (NO cell phones, smart watches, iPads/tablets, computers, electronic games, hotspots, etc.)
- iPod and MP3 players
- Weapons/knives/firearms/lighters
- Tobacco, alcohol, drugs
- Expensive items, jewelry, accessories
- Inappropriate books or magazines
- Cash, Money
- Tower fans, A/C fans

## EQUIPMENT

Camp provides all equipment needed to participate fully in activities. If your camper chooses to bring their own equipment (lacrosse sticks, disc golf discs, fishing rods, tackle boxes, etc.), please make sure it is labeled and that your camper understands they're responsible for it. Camp is not responsible for loss of personal belongings.

## CARE PACKAGE POLICY

At Camp, we focus on creating a positive and unique experience for all campers. Due to the unique nature of the open-air cabin environment and the limited space available, keeping cabins tidy and free of food is important for the health and safety of all.

To prioritize fairness and equity in our community, we recommend adhering to the guidelines of the packing list and sending your camper with all the items they need to have a successful session.

Withholding from mailing additional items allows for a fun, positive and equitable experience for all campers.

Beginning this summer, we will not accept any unapproved care packages and will require pre-approval for any item that is sent to Camp. However, we still accept and encourage letters!



Visit [TriangleYStore.com](https://TriangleYStore.com) to check out our gear and to purchase items for Camp!