

# **Suggested Packing List**

## **PLEASE BRING:**

**Bedding:** sleeping bag (or sheets and blankets for twin bed) + pillow

### **Clothes:**

Long pants/shorts (1 per day)

Short or long sleeve shirts (1 per day)

Underwear and socks (1 per day)

Pajamas

Sturdy, closed toe shoes (sneakers and/or hiking boots)

Hat with visor and/or sunscreen

Jeans/long pants for chilly evenings

Lightweight jacket or windbreaker

**\*\*Sweatshirt, fleece, or heavy jacket\*\***

Bathing suit

Water Shoes

Light colored clothing to tie-dye

### **Toiletries:**

Bath towel and washcloth

Soap, shampoo, comb and brush

Toothpaste and toothbrush

Shower shoes

Shower caddy

Beach towel for Pool/Lake

### **Incidentals:**

Flashlight (check batteries!)

Raincoat or Poncho

Water bottle

Day pack or tote bag

### **Optional:**

Camera

Camping/tailgating chair

Pocket money for souvenirs (T-shirts, water bottles, etc.)

### **Please AVIOD bringing:**

FOOD (food is provided!)

Weapons

Expensive jewelry, electronics

**\*\*Because of the elevation, expect temperatures to be 5-10 degrees cooler at South Mountain YMCA than predicted for Wernersville, PA\*\***