

YMCA Camp Duncan BOLD & GOLD Girls Canoe Packing List 2024

Campers may bring these items in any kind of duffle bag. On the first day, before departing, we will sort through all items to make sure campers have everything and pack them into the dry bags we will be carrying on our trip. Any miscellaneous items or items campers are not supposed to have with them will be locked up at camp for the duration of our trip. We suggest labeling your items as campers may have similar items. We are not responsible for lost articles.

The following items for our canoe trips will be packed in a (provided) 35 Liter dry bag. Therefore, please adhere to quantity of items listed (unless you have a special reason) and be cautious of the size of each item. If you do not have and cannot obtain a specialized item (sleeping bag, raincoat, etc.) please let us know, we have gear available to borrow.

Clothing

Avoid cotton as once it is wet it will not dry. Synthetic clothing that dries quickly (think sports or wicking material) is best. Outdoor clothes do not have to be expensive! Thrift stores often have options as well as discount stores like Sierra.

Head

- 1: Sunhat/ball cap
- 1: Sunglasses
- 1: Optional Buff/bandana

Legs

- 1: Long pants (synthetic)
- 2: Outdoor shorts
- 1: Comfortable camp pants/shorts (can be cotton)

Torso

- 2: Base layer, lightweight long or short sleeve synthetic shirt
- 1: Mid layer, fleece or sweatshirt
- 1: Rain jacket or poncho
- 1: Cotton shirt for camp/sleeping
- 2: Bathing suit
- 2: Bras
- 6: Underwear

Feet

- 1: Lightweight closed toed camp shoe: Crocs or sneakers
- 1: Shoe that can get wet for canoeing (Crocs, old sneakers, water shoes, or secure sandals like Tevas or Chacos.)
- 5: Socks (if needed)

Other

Personal Care

- Toothbrush & toothpaste
- Glasses/contacts (if needed)
- Other personal toiletries
- Period products if needed
- Optional: wet wipes/face wipes
- Sunscreen (enough for 5 days)
- Bug spray (Deet works best)
- Small towel or pack towel (quick dry is best)

General

- Headlamp or flashlight (w/ working batteries)
- Sleeping bag (smaller the better)
- Water bottles or bladder (at least 2 liters worth)
- Camping or inflatable pillow (can also use clothes)
- Bowl or container to eat from
- Fork, spoon, knife
- Pen/pencil

Optional

- Lightweight canoe/stadium chair (Crazy Creek brand is an example, will have sleeping pad to sit on)
- Ziplocs for keeping things dry or storing dirty clothes
- Journal/notebook
- Small game/cards/book
- Biodegradable soap
- Disposable camera

Items campers cannot have: *May not bring to camp*

- Electronics such as cell phones, smart watches, video games, Kindles, etc. Any electronic that can connect to WIFI or a data connection, a camper cannot have with them.
- Pets, knives, or other tools/weapons, drugs, tobacco, alcohol.

YMCA Camp Duncan reserves the right to collect and hold all of the above-mentioned items.

Additional Notes

YMCA Camp Duncan will provide: tents, sleeping pads, first aid supplies and meds, cooking equipment, food (including snacks), canoes, paddles, lifejackets, personal dry bags (each camper will receive a 35 L dry bag for their personal belongings), and gear dry bags (for tents, sleeping bags, food, etc.).

If campers have their own camping gear, they are welcome to bring it so far as it is in good shape and appropriate for the trip. Camp Duncan reserves the right to disallow use of personal gear if it does not meet the requirements of the trip. Any such gear will be kept in locked storage for the duration of the trip.

This trip involves camping on sandbar islands, everything you bring will get sandy, keep that in mind when packing.