

YMCA Camp Duncan BOLD & GOLD Frontcountry Packing List 2024

Rock Climbing & Intro to Adventure

Campers may bring these items in any kind of duffle bag but they should be able to carry it themselves. On the first day, before departing, we will sort through all items to make sure campers have everything. 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.

All belongings will be kept in a shared tent on trips. Therefore, please adhere to quantity of items listed (unless you have a special reason) and be cautious of the size of each item. For the Mini Dunes trip, less clothing will be needed. If you do not have and cannot obtain a specialized item (sleeping bag, 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

- 1-2: Long pants (synthetic)
- 3-4: Outdoor shorts
- 1: Comfortable camp pants/shorts (can be cotton)

Torso

- 5: T-shirts, mix of synthetic (for active times) and cotton
- 1: Mid layer, fleece or sweatshirt
- 1: Rain jacket or poncho
- 1: Sleep shirt
- 2: Bathing suit
- 6: Underwear
- 5: Bras

Feet

- 1: Sturdy sneaker/boot for hiking
- 1: Shoe that can get wet (Crocs or sturdy sandals)
- 1: Optional camp shoe (slides, Crocs, etc.)
- 5: Socks (wool are good for hiking)

Other

Personal Care

- Toothbrush & toothpaste
- Glasses/contacts (if needed)
- Other personal toiletries
- Shampoo and body wash
- 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 (minimum 2L worth)
- Camping or inflatable pillow
- Bowl or container to eat from
- Fork, spoon, knife
- Pen/pencil

Optional

- Camp chair
- Ziplocs for keeping things dry or storing dirty clothes
- Journal/notebook
- Small game/cards/book
- Disposable camera
- Backpack for day trips

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), and other camping supplies. For the Rock Climbing trip, climbing gear is provided by Devil's Lake Climbing Guides. For the Music Trip, campers must provide their own instruments.

If participants 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.

These trips involve camping at state parks and the Camp Duncan campground. Items will likely get dirty.