

Teen Adventure Camp Program

Participants Equipment and Clothing List

The following items are needed for TAC participants' safety and comfort; adjustments may be necessary to fit individual needs or specific trips.

THIS LIST is a 1-WEEK TRIP LIST; REMEMBER to BRING MORE CLOTHING FOR 2-WEEK SESSIONS. Temperatures can get cold and weather can change unexpectedly, even in the summer time.

CLOTHING

~~Light Colors Keep Mosquitoes Away~~

Bandana

Baseball cap

Bathing suit (girls, one-piece suits required)

Comfortable pants (1-2 pairs)

Hiking boots (1 pair broken in)

Laundry bag (for 2 week campers)

~~~ (Required with camper's name marked on outside)

Long-sleeve shirts (2)—one cotton)

Sandals (1 pair) ---**NO flip flops**)

Short sleeve shirts (3-4)---one cotton)

Shorts (3 pairs)---one pair cotton)

Sneakers (1 pair)

Socks, sock liners (6 pairs)

Underwear (4 to 6 pairs)

Waterproof jacket or Poncho

Wind jacket

Wool sweater or Fleece pull-over (not cotton)

## **EQUIPMENT**

Biodegradable soap and shampoo  
Cash for trip – (\$10.00-\$20.00)  
Flashlight with extra batteries  
Insect repellent  
Large backpack for hiking trips  
Medium size towels -- (3 towels)  
Personal toiletries  
Sleeping bag  
Sleeping pad – as compact as possible  
Small backpack for day trips

Sunglasses  
Sunscreen  
Water bottle

## **Optional**

Camera and film  
Fishing pole and accessories  
Pens and pencils  
Reading material  
Small notebook for journal  
Stationary with envelopes and stamps

**IMPORTANT NOTICE: NO CELL PHONES, RADIOS, CD PLAYERS, JEWELRY; and LEAVE ANY VALUABLES at HOME. THE YMCA CAMP of MAINE CANNOT be RESPONSIBLE for any VALUABLES BROUGHT to CAMP or on TRIPS.**

*HEALTH FORM, Letters to the Leaders & all TAC PAPERWORK is to be MAILED PRIOR to camp.*

**MEDICATIONS** (see attached information sheet with medical form)

**All medications must be held by and distributed by trip leaders**

**CAMP STORE:** Camp T-shirts, sweatshirts, hats will be available for purchase check-in and checkout days.

~~~~~Snack items are provided daily and are included in the camp tuition.

LAUNDRY SERVICE: (2 week sessions only)

MIMINUM FEE: \$10.00 PER LOAD for up to 8 lbs. – payable at check-in.

EXCESS LAUNDRY FEE: must be paid by the camper at check-out or billed.

The camp cannot accept responsibility for damage or loss of articles by the Laundromat.

LOST AND FOUND: Parent/guardian: check **Lost & Found** area when picking up your camper before leaving.

Camp never refuses a camper's request for emergency laundry service: it is common courtesy that a parent pays even if their camper did not sign up for the service.