

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 for a 1-WEEK TRIP; REMEMBER to PACK MORE CLOTHING for 2-WEEKS of TAC.

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 **(3) three or more week campers**)
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 case w/ extra film or digital
Fishing pole and accessories
Reading material
Self-addressed envelopes and **stamps**
Stationery and writing supplies

*** NOTICE: NO CELL PHONES, RADIOS, CD PLAYERS, JEWELRY.**
LEAVE any VALUABLES at HOME. THE YMCA CAMP of MAINE IS NOT RESPONSIBLE for any VALUABLES (I Pods) brought to CAMP or on TRIPS.

HEALTH FORM's and all TAC PAPERWORK is to be MAILED PRIOR to camper's arrival.

MEDICATIONS: All medications must be held & distributed by trip leaders

CAMP STORE: Camp T-shirts, sweatshirts, hats, etc. for purchase at Check-in & Check-out.

NEW: LAUNDRY SERVICE applies to camper's who are attending **three (3) or more consecutive weeks** of camp **ONLY**.

LOST & FOUND: Parents check **Lost & Found** area when picking up your camper before leaving camp.

~ ~ **In order to send mail** - stamps must be purchased at the Camp Store during Check-in; OR you need to provide your camper with stamps prior to their arrival. Canadian campers: You must purchase US stamps. DO NOT give your camper Canadian stamps. Campers from other countries must purchase stamps through the camp store.

Put camper's name on clothing and equipment.