

CLOTHING AND EQUIPMENT LIST

ESSENTIALS

LABEL WITH NAME/ SCHOOL/ CABIN AND PACK IN A STRONG DUFFEL BAG (PREFERRED) OR OLD SUITCASE

PACK SUITCASE LIGHT ENOUGH TO CARRY

Sleeping bag or bed roll (2 blankets + 1 sheet) in plastic bag
Pillow
Pajamas or sweats (for sleep)
Underwear (2 or 3 changes)
Thermal underwear
Socks (3-4 pairs)
Jeans, warm pants, water proof pants
Shirts (tee shirts, short and long sleeves for layering, etc)
Sweatshirts (2)
Heavy jacket or coat
Gloves (2 pair)
Hats and scarves
Hiking shoes/snow boots/sneakers, sandals (for shower)
Soap
Comb or brush
Toothbrush
Toothpaste
Wash cloth (1)
Bath towels (2)
Tissues
Plastic bag for soiled clothing/and re-packing sleeping bag
Rain Poncho

Medication (if any)

Medications must be in the original container. Only medications in their original containers can be administered by the nurse. Label with the child's name/school and complete instructions. **Medications should be given to the school nurse at least three (3) days prior to trip.**

Items Permitted

Disposable Camera	Chapstick
Hand warmers	Water bottle
Sunglasses	Tissue packs

Items Not Permitted

Money	Snacks of any type	Expensive belongings
Jewelry	Matches (other fire starters)	Chewing gum
Large stuffed animals	Cell phones	Flashlights
Any sharp instrument (pocket knives)		Binoculars
Any portable game systems		
Radio/tape player, i-pods/MP3 players, TVs, etc.		
Pills or medicine (except those given to the nurse in advance)		

**YMCA CAMP BERNIE
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www.campbernieymca.org