



PACK YOUR BAGS, IT'S CAMP TIME!

YMCA of Greater Houston BOLD/GOLD Suggested Packing List

Clothing

- 1 pair of robust hiking boots/shoes
- 1 pair flip flops for the showers
- 1 pair sandals with ankle strap
- 7 pairs of underwear
- 2 t-shirts
- 2 non-cotton synthetic shirts
- 1 long-sleeve non-cotton synthetic shirt
- 2 pairs of hiking pants
- 2 pairs of synthetic socks
- 1 pair of synthetic liner socks
- 4 pairs of cotton socks
- rain jacket
- 1 cool weather jacket
- 1 warm pull over for the cool evenings and nights
- rain pants
- sun hat or baseball cap (protection from the sun)
- cool weather hat and gloves
- small day pack or small backpack
- 1 heavy duty water bottle (32 oz)

Not Allowed

- cell phone
- weapons (guns, explosives)-a pocket knife is allowed
- electronics of any kind
- non-prescribed medication

BOLD/GOLD will provide the following

- 60 liter backpacking pack with built in frame
- sleeping bag
- sleeping mat
- personal head lamp
- group gear – cooking equipment, water containers, tents, maps, etc..
- bowls, plates, spoons, cups, forks, etc..

- All participant are welcome to bring their own personal gear with them on the trip if they prefer.
- If you are in need of any items list above we have extra items we can share. Please let us know and we can check it out to you.
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Toiletries

- soap and soap dish
- toothbrush and toothpaste
- brush or comb
- shampoo and conditioner
- washcloths
- bath towel
- 1 flashlight with extra batteries

Optional

- insect repellent
- paper, pen, envelope and stamps
- camera
- watch
- sunscreen or sun block