



YMCA Hayo-Went-Ha Camps

Viking Sailor Packing List

**You've made the decision to sail the Apostle Islands,
now let's get ready and geared up!**

The following is a list of clothing and personal equipment you will need to have a comfortable and safe wilderness experience. It is designed to help you prepare and give you an idea of how each piece of equipment will be used. You **DO NOT** need the fanciest, newest equipment out there. Likely, much of what you already own from previous trips or outdoor endeavors will fit into these guidelines.

**** Please note as we will be leaving U.S soil, a travel document is required. Passport or birth certificate ****

In-Camp Necessities

Equipment	Qty.	Comments	(✓)
Pillow, pillowcase, sheets and blankets for cabin beds	1	<ul style="list-style-type: none"> Also available to purchase, but please let us know before arrival. 	
Toiletries		<ul style="list-style-type: none"> Toothpaste, toothbrush, soap, shower essentials ... 	
Towels and washcloths	1	<ul style="list-style-type: none"> 1 shower, 1 swimming. 	
Plenty of socks and underwear		<ul style="list-style-type: none"> Lots of camp activities can result in getting dirty and wet and need a change of clothes. (Please note that upon return from their trip Explorers will get to go to the Laundromat.) 	
Shorts and t-shirts		<ul style="list-style-type: none"> at camp they can be of any material desired, again it's important to know things could get dirty. A variety of colors is always a good idea for different camp games but not necessary. 	
Jeans or sweatpants		<ul style="list-style-type: none"> Having a long pants option is always a must. It's northern Michigan afterall and sometimes there can be chilly evenings. 	
Wool or wool blend sweater, fleece, or sweatshirt		<ul style="list-style-type: none"> sweatshirts keep us warm and also if it's buggy to cover up our arms. Wool blend is what is recommended for the trip and it keeps warmth in and dries quicker. At camp it's more of a personal preference. 	
Bathing suit(s) (nylon is best)	2	<ul style="list-style-type: none"> Many of our activities are based at the waterfront or on the lake, more than 1 is a good idea in order to let one dry out. 	
Sandals/water shoes (Tevas, Chacos, or flip flops)		<ul style="list-style-type: none"> It's more comfortable when doing water activities to have a form or water shoe to wear, however we strongly encourage close-toed shoes when walking about camp. 	
Laundry bag		<ul style="list-style-type: none"> To keep dirty clothing separate from clean. 	
*Sunglasses, sunscreen and ChapStick		<ul style="list-style-type: none"> Any good quality sunglasses with 100% UV protection will work. Polarized glasses are a plus on the water. Sunscreen: Make sure it is at least SPF 30 or greater. If you burn easily. Chapstick: Stick or cream. Make sure it provides sun protection 	
Bug spray (bring what you are accustomed to!)		<ul style="list-style-type: none"> DEET de-waterproofs your gear, if you plan to bring DEET spray, have extra bandanas to spray it onto instead of your gear. 	
* Water bottle	2	<ul style="list-style-type: none"> Wide mouth liter or 1.5 liter size. We suggest 2 for the trips. (Nalgene brand recommended) 	
Comfortable sneakers	1/2	<ul style="list-style-type: none"> Cross trainers, tennis or running shoes in good condition for around camp and close toed shoe activities, these could get mucky, especially during GaGa. 	

Dress up/Casino Night attire		<ul style="list-style-type: none"> Bring a fun, silly outfit 	
Flashlight (small and light with new batteries)	1	<ul style="list-style-type: none"> Headlamps are great. These are used during night time in the cabin or to go to the bathroom at night. Also will be good for the trip. Petzl, Black Diamond and Princeton Tec all make great ones. 	
Footlocker, trunk, or suitcase for holding the above	1	<ul style="list-style-type: none"> It's the campers main storage for their belongings and private things. 	
Spending money	-	<ul style="list-style-type: none"> Recommend \$20 to be added to your store bill. Campers like to buy souvenirs from their trip. 	

Optional Items

Equipment	Qty.	Comments	(✓)
Camera		<ul style="list-style-type: none"> Small, light and durable with spare batteries. Extra memory cards Or even disposables are encouraged as they will be on trip with no way of charging. 	
A good book or journal		<ul style="list-style-type: none"> small packable Journal and pencils, along with a suitable book. They can always swap books in the cabin if they finish it or even get one from the camp library. 	
Photographs of family and friends		<ul style="list-style-type: none"> We encourage campers to decorate their bunk area and give a sense of home. 	
Musical instrument		<ul style="list-style-type: none"> In the evening downtime, cabins will often have campfires and hang in the division singing songs, if you want to you may bring a musical instrument. Ukuleles and guitars are popular. 	
Preaddressed and pre-stamped envelopes and cards		<ul style="list-style-type: none"> To write letters home and to friends. Stamps can also be purchased from the main office. 	
Hammock		<ul style="list-style-type: none"> There are lots of perfect hammock hanging areas around camp if you choose to bring one. 	

Mandatory Trip Clothing

Equipment	Qty.	Comments	(✓)
* T-shirts – quick dry/synthetic	2	<ul style="list-style-type: none"> Synthetic dries quicker, a must for being out in the wilderness. 	
long sleeve shirt	1	<ul style="list-style-type: none"> We recommend synthetic long-sleeved, can be collared for bug and sun protection 	
fleece jacket or wool sweater	1	<ul style="list-style-type: none"> This is a warm layer to wear. fleece dries fast and works while damp; cotton sweatshirts NOT allowed. 	
waterproof rain jacket (coated nylon is fine, Gore-Tex is not necessary) We cannot stress enough the importance of keeping our clothes dry on trips.	1	<ul style="list-style-type: none"> "Rain-proof" not "rain-resistant". Multi-layer rain proof is better. Durable and heavy duty water-proofing is highly recommended. Must fit over all layers (including dry layers). 	
shorts – quick dry/synthetic	2	<ul style="list-style-type: none"> Typical athletic shorts are a great option. 	
underwear	3	<ul style="list-style-type: none"> quick dry is best 	
*Warm hat & Sun hat, baseball cap or bandana	1	<ul style="list-style-type: none"> Warm hat, wool or fleece is preferred to cover ears and head if cold. sun hat/baseball cap or bandana for daytime protection against sun. 	
bathing suit	1	<ul style="list-style-type: none"> There will be plenty of opportunities to swim on the trip. 	

*wool or hiking socks – medium weight	3	<ul style="list-style-type: none"> not cotton. These can also be worn in the evening when at the campsite for warmth. 	
sandals/water shoes with a heel strap.	1	<ul style="list-style-type: none"> A sturdy shoe for the trip is essential. Tevas, Chacos, Crocs or Keens work well – NO flip-flops 	
Boat/deck shoes			

Mandatory Trip Equipment

Equipment	Qty.	Comments	(✓)
Synthetic sleeping bag with compression sack	1	<ul style="list-style-type: none"> We recommend synthetic bags rated to at least 30° F. The possibility of rain makes it difficult to keep a down bag dry. 	
Sleeping pad		<ul style="list-style-type: none"> An inflatable Thermarest OR a foam pad such as Ensolite or RidgeRest works great. This provides insulation when sleeping and keeps us warm 	
*Water bottles	2	<ul style="list-style-type: none"> 2 enables us to keep going without having to constantly stop and pump water. Also on trips we need to stay very hydrated. Nalgene brand is good, 1 liter capacity minimum with a screw on lid 	
Bowl and spoon	1	<ul style="list-style-type: none"> a simple camping bowl, the ones that can be turned inside out work best for practicing leave no trace. Whole mess kit sets are not necessary. 	
Headlamp or lightweight flashlight	1	<ul style="list-style-type: none"> for getting around in the evenings. 	
*Carabiners	2	<ul style="list-style-type: none"> These are useful for hanging items off of the riverbags. 	
Beach towel	1	<ul style="list-style-type: none"> Quick dry is best. 	
Gallon zip lock bags	3	<ul style="list-style-type: none"> for waterproofing personal items 	
*Sunglasses		<ul style="list-style-type: none"> UV protection 	
Duffle bag	1	<ul style="list-style-type: none"> This keeps personal items together and provides storage on boat 	

Optional Trip equipment

Equipment	Qty.	Comments	(✓)
lightweight long pants	1	<ul style="list-style-type: none"> For sun protection 	
Duct tape	1	<ul style="list-style-type: none"> Always useful if something breaks. 	

**items available at the camp store*

DO NOT BRING TO CAMP

- Knives, pocket knives or weapons
- Pets or animals
- Cell phones, electronic games, computers, ipods or kindles
- Candles
- Teen Magazines or comics
- Personal sport equipment must be checked in with camp

Camp provides

- Transportation
- All trip food
- Group camping equipment
- Sailboat

Information regarding clothing

- Accommodations will be made for personal laundry for campers staying greater than 2 weeks
- Please mark all articles of clothing and belonging with your camper's name.

Note about allergies

If your child has specific food related allergies, please inform us in advance of their arrival at camp. Also please consider sending them with some appropriate food that they like for the the trip (i.e nut free trail mix)

TIPS:

- Check out websites like [Steep & Cheap](#), [The Clymb](#), and [Sierra Trading Post](#) to find discounted prices on brands with good reputations.
- Typically, clothing is labeled and distinguished by genders, but consider moving outside of those labels while purchasing clothing and gear for your trip. Products labeled ``women's'' often have fewer styles available, often of lower quality, and aim to be fitted to the body. Products labeled ``men's'' often have more styles that are technically focused, and easier to fit layers under. No matter your gender, shop through departments for a more well rounded idea of what's available to you.
- If you want more options, look through reviews on [outsideonline.com](#), [backpacker magazine](#) and [Outdoor Gear Lab](#).
- A big part of choosing a wilderness experience is preparation and ensuring you have the gear you need. Use this as a learning opportunity. Reach out to companies and see if they will give you discounts, spend some time on eBay or online gear resale shops and do a bit of research into what the best options are, especially if additional outdoor endeavors are in your future.

Feel free to reach out! Please send questions in the direction of our camp directors:

- Amanda at YMCA Camp Arbutus Hayo-Went-Ha - amacaluso@hayowentha.org or
- Adam at YMCA Camp Hayo-Went-Ha - adelezenne@hayowentha.org

