



## Stevens Point Area YMCA – Teen Winter Retreat PERSONAL CLOTHING AND EQUIPMENT LIST

For your personal safety and comfort it is important that you follow this clothing and equipment list. We suggest that you borrow any items that you do not personally own. Most of these items are available at local department stores. Keep in mind that items may get dirty and wet, dress for the wilderness, and pack light and prepared.

### **CLOTHING**

- 1 Soft duffel bag (to pack all this stuff in)
- 1-2 Pair of long pants - loose fitting and comfortable (**quick dry**)
- 1 Pair of Snowpants
- 1 T-shirt
- 1 Stocking Hat
- 1 Scarf
- 1 Pair of long underwear – top & bottom (Poly-propylene/Under Armor – warm when wet!)
- 3 Pairs underwear
- 3 Pairs of socks (wool/synthetic blend)
- 1 Fleece Jacket
- 1 Warm Winter Jacket
- 1-2 long sleeve shirt or sweat shirt
- 1 Pair Warm Gloves or Mittens
- 1 Pair Winter Boots

### **TOILET ARTICLES**

- Chap-stick
- Sunscreen/lotion (small size)
- Deodorant stick
- 1 Towel
- Soap & Shampoo
- Toothbrush & toothpaste (small size)
- Insect repellent (pump bottle)
- Feminine hygiene products (if necessary)
- Any medications for special circumstances (must be checked in at YMCA)

### **OTHER PERSONAL EQUIPMENT**

- Sleeping Bag
- Sunglasses
- 1 **small** flashlight & spare batteries

### **OPTIONAL EQUIPMENT**

- Camera and film
- Ice Skates
- Book
- Spending money (for souvenirs and road snacks)

### **GROUP EQUIPMENT (YMCA will provide these items)**

- 6 Meals     Basic Snacks     YMCA Bus Transportation     Snowshoes
- Cross-Country Ski Equipment     Indoor Climbing Equipment     Staff
- Lodging at Camp Manito-Wish

**Computers, cell phones and gaming units are allowed on a limited basis.**