

## What to Bring to Camp Manito-wish YMCA

Temperatures in the Spring are very unpredictable. Some of your time with us will be spent outside, so make sure to come prepared. We recommend comfortable outdoor clothing that you don't mind getting wet or dirty. Camp Manito-wish does not provide any bedding (sheets or blankets) or linens.

### **Clothing**

Rainsuit—tops and bottoms

Hat with brim

Long pants

Shorts

Shirts

Warm sweater or fleece jacket

Underwear

Socks

Gloves and hat

Swim suit (for sauna, swimming at this time of the year is not permitted)

Sneakers or walking shoes—not sandals, you will be running around

Wet shoes--your group may canoe on Boulder Lake and you will need shoes you can get wet.

**LAYERING:** Layering means wearing numerous items of thinner clothing rather than one heavy item. Layering traps more air, keeping you warmer. Layering also allows you to adapt your clothing to the variety of weather conditions you may experience. Start with thinner, tighter layers near the skin, and move to heavier, looser layers away from the body. Top it off with a windbreaker and/or windpants and you have an excellent clothing system.

**WET SHOES:** During canoeing your feet will get wet. An old pair of sneakers or walking shoes makes excellent wet shoes.

### **Bedding and Towels**

Bath towel

Facecloth

Pillow

Top sheet, bottom sheet, and blankets OR Sleeping Bag

### **Other**

Toiletries and personal hygiene supplies

Sunglasses

Flashlight (optional)

Sunscreen, SPF 15 minimum

Bug repellent (optional)

Journal (optional)

Camera (optional)

Book (optional)

MP3 players, CD players, DVD players or other electronic devices may be lost or misplaced. Their use is permissible during free time, but valuable equipment is best left at home.