

YMCA Camp Duncan BOLD & GOLD Backpacking Packing List 2024

Campers may bring these items in any kind of duffle bag. On the first day, before departing, we will sort through all items to make sure campers have everything and pack them into the backpacks we will be carrying on our trip. Any miscellaneous items or items campers are not supposed to have with them will be locked up at camp for the duration of our trip. We suggest labeling your items as campers may have similar items. We are not responsible for lost articles.

The following items for our backpack trips will be carried by the camper for the duration of the trip. Therefore, please adhere to quantity of items listed (unless you have a special reason) and be cautious of the weight and size of each item. If you do not have/cannot obtain a specialized item please let us know, we have gear available to borrow.

Clothing

Avoid cotton as once it is wet it will not dry. Synthetic clothing that dries quickly (think sports or wicking material) is best. Outdoor clothes do not have to be expensive! Thrift stores often have options as well as discount stores like Sierra.

Head

- 1: Sunhat/ball cap
- 1: Sunglasses
- 1: Optional Buff/bandana

Legs

- 1: Hiking pants (synthetic)
- 1: Hiking shorts (optional, consider zip off pants as 2 in 1)
- 1: Comfortable camp pants/shorts (can be cotton)

Torso

- 2: Base layer, long or short sleeve synthetic shirt
- 1: Mid layer, fleece or sweatshirt
- 1: Rain jacket or poncho
- 1: Cotton t-shirt for camp
- 1: Bathing suit
- 6: Underwear
- 2: Bras

Feet

- 1: Sturdy sneaker/boot for hiking
- 1: Lightweight camp shoe: Crocs or slides
- 3: Comfortable socks to hike in (no cotton, wool is best)
- 2: Comfortable socks for hanging around camp (can be cotton)

Other

Personal Care

- Toothbrush & toothpaste
- Glasses/contacts (if needed)
- Other personal toiletries
- Sunscreen (enough for 5 days)
- Bug spray (Deet works best)
- Optional: wet wipes/face wipes
- Small towel or pack towel (quick dry is best)

General

- Headlamp or flashlight (w/ working batteries)
- Water bottles or bladder (minimum 2L worth)
- Camping or inflatable pillow (can also use clothes)
- Bowl or container to eat from
- Fork, spoon, knife
- Pen/pencil

Optional

- Lightweight backpacking chair (Crazy Creek brand is an example, will have sleeping pad to sit on)
- Trekking poles
- Ziplocs for keeping things dry or storing dirty clothes
- Journal/notebook
- Small game/cards/book
- Disposable Camera

Items campers cannot have: *May not bring to camp*

- Electronics such as cell phones, smart watches, video games, Kindles, etc. Any electronic that can connect to WIFI or a data connection, a camper cannot have with them.
- Pets, knives, or other tools/weapons, drugs, tobacco, alcohol.

YMCA Camp Duncan reserves the right to collect and hold all of the above-mentioned items.

Additional Notes

YMCA Camp Duncan will provide: tents, sleeping pads, sleeping bags, backpacks, first aid supplies and meds, cooking equipment, food (including snacks), and other camping supplies. If participants have their own camping gear, they are welcome to bring it so far as it is in good shape and appropriate for the trip. Camp Duncan reserves the right to disallow use of personal gear if it does not meet the requirements of the trip. Any such gear will be kept in locked storage.

We will be camping at Camp Duncan and state parks. Items will get dirty and participants will wear the same clothes for multiple days without access to showers. This is the nature of backpacking. Campers are welcome to bring a clean change of clothes to wear on the last day after they shower on the last night of camp; these clothes can be left on the bus and will not need to be carried in backpacks.