



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

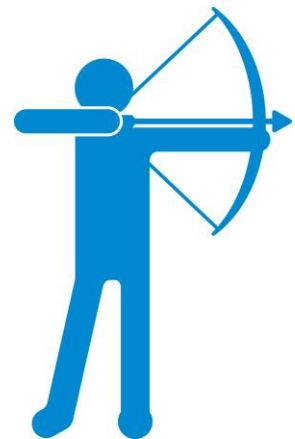
## Packing List

Dear Camp Kresge Participant,

We hope you are looking forward to a great time at our **Women's Getaway Weekend!** Below is a packing list of essential items you will need to have a comfortable stay at Camp Kresge. Please check the weather forecast and ensure that you are dressed appropriately for the weather. Most activities take place outside, so we recommend packing layers to keep warm and dry.

We suggest that you use this packing list to check off items as they are packed, and to check when you return home. Lost & found will be donated after 2 weeks. Please contact the office if something comes to camp and doesn't make it home.

ITEMS	PACKED	BROUGHT HOME
1 Sleeping Bag/Bedding	_____	_____
1 Pillow	_____	_____
1 Pair Pajamas	_____	_____
1 Pair Camp Friendly Sneakers	_____	_____
1 Pair Boots (for rain & hiking)	_____	_____
4 Pairs Socks	_____	_____
3 Pairs Underwear	_____	_____
2 Sweatshirts	_____	_____
3 Pair Pants	_____	_____
3 Weather Appropriate Shirts	_____	_____
1 Warm Jacket	_____	_____
1 Hat	_____	_____
1 Pair Gloves	_____	_____
1 Flashlight & Batteries	_____	_____
1 Laundry Bag	_____	_____
1 Toothbrush/Toothpaste	_____	_____
1 Soap & Shampoo	_____	_____
1 Old Bath Towel	_____	_____
1 Water Bottle	_____	_____
1 Sunblock	_____	_____
<b>Optional</b>		
1 Camera	_____	_____
1 Good Book	_____	_____
1 Yoga Mat	_____	_____



### PLEASE LEAVE HOME:

Food & Drink – Due to the abundance of wildlife, food & beverages are not allowed in cabins.

Unnecessary Electronic Devices – Camp Kresge seeks to encourage participants to make face-to-face connections. As adults, you can use your phone and other electronic devices as you wish, but we do ask that you be mindful of the other participants. Inappropriate clothing, weapons, and other items not in keeping with YMCA values will not be allowed at camp.

**YMCA Camp Kresge and the Wilkes-Barre Family YMCA cannot be held responsible for lost or stolen electronic devices or other items.**