



YMCA Camp Sequoia Lake  
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Oh my GOSH! It's almost time to come to CAMP! We are so excited to see you, we can hardly contain ourselves! It's going to be an awesome summer! We want you to be prepared to have the happiest, healthiest, most amazing time ever, so we've created this list to help you be fully prepared for fun!

### **YMCA Camp Sequoia Lake Packing List!**

#### Miscellaneous Items

- Needed Medication (prescription or over the counter)
- Warm sleeping bag and pillow. Warm blanket may also be needed if sleeping bag is lightweight
- Refillable water bottle
- Flashlight with extra batteries
- 2 towels (swimming & bathing)
- Toiletries (shampoo, tooth brush/paste, brush or comb, bar of soap, deodorant, lip balm)
- Laundry bag
- Sunscreen lotion
- Mosquito / bug repellent (non-aerosol)
- Bandana or hat
- Stationary, stamped, pre-addresses postcards, pen/pencil/stamps optional)
- Card games, books
- Sunglasses
- Disposable camera
- Guitar or musical instrument
- YMCA Rag (returning ragers)
- Fishing pole and supplies
- Fun outfits for themed events



## Clothes

- 3-4 pairs of shorts
- 2-3 pairs of pants
- 6-7 T-shirts
- 2 sweatshirts, sweater or jackets
- 1-2 pairs of tennis shoes sturdy for hiking
- Sandals/shoes for shower
- 1-2 swimsuits (one piece swimsuits only)
- Pajamas
- 6 pairs of underwear (or enough for length of stay)
- 6 pairs of socks
- Rain jacket
- An item of clothing suitable for tie-dyeing (white shirt, pillowcase, canvas bag, etc.)

## Skate Camp Only

- Skateboard
- Helmet (required)
- Elbow pads/knee pads (recommended)



**Please leave these items at home!**

- 🚫 Knives or weapons
- 🚫 Lighters/matches or fireworks
- 🚫 Cell phone
- 🚫 Electronic games, iPod, music players or travel TV
- 🚫 Pets/live animals
- 🚫 Personal sports equipment, bicycles, etc.
- 🚫 Crop tops / halter tops
- 🚫 Aerosols
- 🚫 Laser pointer



Please contact us with any questions! We seriously cannot wait for you to get here!

Sincerely,

The Staff of YMCA Camp Sequoia Lake