

# YMCA Camp St. Croix

## Overnight/Residential Summer Camp 2025

### Suggested Packing List

These packing lists are designed to act as a guide for what would most benefit your camper during their time at Camp St. Croix. Our suggested packing lists have been compiled to be as accurate and useful as possible; however, weather conditions may vary and it's essential to check the weather forecast leading up to your camper's arrival. If you feel that your camper's specific needs aren't addressed by these lists or have questions about whether certain items would be beneficial, please reach out to our Overnight Camp Program Director.

Additionally, when sending items with your campers, please keep in mind that there is a **high possibility of items getting dirty, damaged, or lost**. Because of this, we strongly encourage labeling your camper's items and strongly discourage sending valuables or clothing that you don't want to become dirty/stained.

**Important Items for All Campers to Bring** – Please be sure to pack your camper with a sturdy water bottle, rain gear (jacket or poncho), at least one pair of close toed and sturdy shoes for running and moving, at least one pair of sturdy sandals **with a back strap**, and a pair of shoes to wear in the water! Please note that Crocs and slide or flip flop-style sandals should only be packed as shoes to wear in and out of the showers – they will not be considered sturdy sandals or closed toed shoes.

**Medications** – Any medications coming to camp with your camper must be in their original packaging, include prescription and dosage information, and be placed inside of a ziplock bag with your camper's name on it. Please note that we have a range of over-the-counter medications available for campers as needed, so please do not send your camper with OTC meds. Further details about packing your camper's prescription medications can be found in the Camper Family Handbook.

**Cash** – We are a CASH FREE CAMP, please do not send your camper with any cash/currency. If you would like to pay for any items in the camp store – please follow the instructions in the Parent Handbook and/or your pre-camp communications.

**Electronics** – Camp is an opportunity for your camper to disconnect and shift their focus away from screens and into nature. We understand that it can be hard to step away from having communication with your child, but please know that in the case of any necessary/emergency communication, someone on our camp team will contact you. With this being said, **we do not allow campers to have any electronics at camp**, including cell phones, smart watches, GPS devices, iPads, tablets, iPods, etc. If a camper is found to have an electronic with them, it will be gathered by their counselor and stored in the directors' office until the final day of your camper's session, when it will be returned to you at pick-up. If your camper needs an electronic device for a medical reason, please contact our Program Director.

**Other Items to LEAVE AT HOME // Please DO NOT BRING;**

- Any food or drinks, including candy and gum.
  - This is in order to prevent animals and insects from entering cabin spaces, as well as protect our campers with food allergies.
- Fireworks, knives, or weapons – including pocketknives and multi-tools, water or nerf guns, etc.
- Illegal substances, including drugs, alcohol, and nicotine/tobacco products.

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### **Additional Notes**

-The lists below are built in a 1-week session format. If your camper is joining us for 2 weeks, (2x) double the clothing numbers, if they are joining us for 4 weeks then 2.5x the list.

-**Bold & Gold Tier 2 Canoe/Climb** campers, we encourage you to base your packing around the Canoe Specialty List.

-**Intro LDP's**, we encourage you to base your packing around the Canoe Specialty List.

-**Advanced LDP's**, we encourage you to review both the Canoe and Rock-Climbing Specialty Camp Lists and build your packing list from there. Campers enrolled in this program will have the opportunity to do laundry about ½ way through their time at camp.

# Summer Sampler Packing List

## 3 Days, 2 Nights

### What to Bring:

#### Bedding:

- A single/twin fitted sheet
- Pillow and pillowcase
- Sleeping bag or 1-2 blankets

#### Clothing:

- Bottoms
  - 2-3 pairs of shorts (casual or athletic)
  - 1-2 pairs of pants (jeans, athletic, or leggings)
- Tops
  - 2-3 t-shirts and/or tank tops
  - 1 long sleeve shirt (in the event of colder weather)
- Undergarments
  - Pack enough for at least 3 days.
    - It may be a good idea to pack extras, especially if your camper is prone to accidents.

#### Pajamas

- Pack enough PJ's to last 2 nights.

#### Socks

- We suggest 3-4 pairs of socks to wear with sneakers.

#### Shoes

- A pair of sneakers or other close-toed shoes.
  - Please note that these could likely get dirty.
  - We do not consider Crocs to be close-toed shoes.
- A pair of sturdy sandals **with a back strap**.
  - Flip-flop sandals, Crocs, or "slides" are to be used for showers only, not activities or walking around camp. Please be sure to send your camper with at least 1 pair of close-toed sneakers/running shoes. If your camper does not have the correct footwear (i.e. sneakers), there may be activities that they will not be able to participate in for safety reasons.
- Swim shoes
  - We require campers to wear shoes while swimming in the river, so please be sure to pack shoes or sandals with a back strap, preferably with rubber soles, that your camper can swim comfortably in.
- Outerwear
  - 1-2 sweatshirts for colder days/nights.
  - A rain jacket/rain poncho
- Swimsuit
  - 1 swimsuit

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#### Miscellaneous:

- Towels
  - We suggest packing 1 bath towel and 1 beach towel.
- Hat
  - A ball cap, bucket hat, or any other summer hats are recommended.
- Personal Toiletries
  - Toothpaste
  - Toothbrush
  - Shampoo/conditioner
  - Soap/body wash
  - Hairbrush/comb
    - Camp St. Croix does not provide any toiletries unless in the case of an emergency, so please be sure your camper has the necessities.
- **Water Bottle**
  - We suggest packing a sturdy water bottle (hard plastic or metal) that is easy to carry from place to place.
- Insect Repellent and Sunscreen
- Flashlight or Headlamp
- Medications
  - All medications you plan to send with your camper must be in its **original packaging**, within a plastic zip lock bag, and will be given directly to the health staff at check-in. Please pack any medications separately from your camper's personal items to make the medication drop-off process smoother.

#### Consider Bringing:

- A camera (disposable)
  - It is **not** recommended to send campers with expensive/valuable cameras.
- Journal and writing utensils
- Paper, envelopes, and stamps for sending letters.
  - It is recommended that envelopes are pre-addressed/stamped.
- Books or small games to play with cabin mates.
- Sunglasses
- A small backpack or drawstring bag to carry belongings in.

# Traditional Camp Packing List

## 6 Days, 5 Nights

### What to Bring:

#### Bedding:

- A single/twin fitted sheet
- Pillow and pillowcase
- Sleeping bag

#### Clothing:

- Bottoms
  - 4-5 pairs of shorts (casual or athletic)
  - 2-3 pairs of pants (jeans, athletic, or leggings)
- Tops
  - 4-5 t-shirts and/or tank tops
  - 2-3 long sleeve shirts (in the event of colder weather)
- Undergarments
  - Pack enough for at least 6 days.
    - It may be a good idea to pack extras.

#### Pajamas

- Pack enough PJ's to last 5 nights.

#### Socks

- We suggest 6-7 pairs of socks to wear with sneakers.

#### Shoes

- A pair of sneakers or other closed-toe shoes.
  - Please note that these will likely get dirty.
  - We do not consider Crocs to be close-toed shoes.
- A pair of sturdy sandals **with a back strap**.
  - Flip-flop sandals, Crocs, or "slides" are to be used for showers only, not activities or walking around camp. Please be sure to send your camper with at least 1 pair of close-toed sneakers/running shoes. If your camper does not have the correct footwear (i.e. sneakers), there may be activities that they will not be able to participate in for safety reasons.
- Swim shoes
  - We require campers to wear shoes while swimming in the river, so please be sure to pack shoes or sandals with a back strap, preferably with rubber soles, that your camper can swim comfortably in.
- Outerwear
  - 1-2 sweatshirts for colder days/nights.
  - **A rain jacket / rain poncho**
- Swimsuit
  - 1-2 swimsuits

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#### Miscellaneous:

- Towels
  - We suggest packing 1-2 bath towels and 1 beach towel.
- Hat
  - A ball cap, bucket hat, or any other summer hats are recommended.
- Personal Toiletries
  - Toothpaste
  - Toothbrush
  - Shampoo/conditioner
  - Soap/body wash
  - Hairbrush/comb
    - Camp St. Croix does not provide any toiletries unless in the case of an emergency, so please be sure your camper has the necessities.
- **Water Bottle**
  - We suggest packing a sturdy water bottle (hard plastic or metal) that is easy to carry from place to place.
- Insect Repellent and Sunscreen
- Flashlight or Headlamp
- Medications
  - All medications you plan to send with your camper must be in its **original packaging**, in a zip lock plastic bag, and will be given directly to the health staff at check-in.

#### Consider Bringing:

- A camera (disposable)
  - It is **not** recommended to send campers with expensive cameras.
- Journal and writing utensils
- Paper, envelopes, and stamps for sending letters
  - It is recommended that envelopes are pre-addressed/stamped.
- Books or small games to play with cabin mates.
- Sunglasses
- A small backpack or drawstring bag to carry personal belongings in.

# Canoeing Specialty Camp Packing List

## 6 Days, 5 Nights

\*For 2-week groups, it is recommended to double the clothing listed below.

### What to Bring:

#### Bedding:

- A single/twin fitted sheet,
- Pillow and pillowcase
- Sleeping bag
  - Please be sure to include a sleeping bag, ideally one that is easily packable/compressible, for your camper to take on their trail experience.

#### Clothing:

- Bottoms
  - 4-5 pairs of shorts (casual or athletic)
  - 2-3 pairs of pants (jeans, athletic, or leggings)
    - Please be sure that at least 1 pair of shorts and 1 pair of pants are made of a **quick dry/athletic material** to be taken on trail (avoid denim, cotton, or other materials that remain wet for a long time).

#### Tops

- 4-5 t-shirts and/or tank tops
- 2-3 long sleeve shirts (in the event of colder weather)
  - Please be sure that at least 1 t-shirt is made of a **quick dry/athletic material**.

#### Undergarments

- Pack enough for at least 6 days.
  - It may be a good idea to pack extras, and at least one set with quick dry material is encouraged.

#### • Pajamas

- Pack enough PJ's to last 5 nights.

#### • Socks

- We suggest 5-6 pairs of socks to wear with sneakers.
- It is also recommended to bring 1-2 pairs of **wool or wool blend** socks to take on trail.

#### • Shoes

- A pair of sneakers or other closed-toe shoes.
  - Please note that these will likely get dirty and wet.
  - We do not consider Crocs to be close-toed shoes.
  - For our 2-week VOYAGEUR campers, a pair of close toed shoes will be worn on trail and in the water. We encourage hiking boots or hiking shoes for the trail experience; however, sneakers are a good substitute if boots are not available to you.
- A pair of sturdy sandals **with a back strap**.
  - Flip-flop sandals, Crocs, or "slides" are to be used for showers only, not activities or walking around camp. Please be sure to send your camper with at least 1 pair of close-toed sneakers/running shoes. If your camper does not have the correct footwear (i.e. sneakers), there may be activities that they will not be able to participate in for safety reasons.
- Swim shoes
  - We require campers to wear shoes while swimming in the river, so please be sure to pack shoes or sandals with a back strap, preferably with rubber soles, that your camper can swim comfortably in.

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- Outerwear
  - 1-2 sweatshirts for colder days/nights.
    - We encourage at least one fleece-type sweatshirt for Canoe Trail experiences
  - **A rain jacket / rain poncho**
    - Rain pants may be beneficial but are not necessary.
- Swimsuit
  - 2+ swimsuits, for trail we encourage a sturdy suit that can get dirty.

#### Miscellaneous:

- Towels
  - We suggest packing 1-2 bath towels and 1 beach towel.
- Hat
  - A ball cap, bucket hat, or any other summer hats are recommended.
- Personal Toiletries
  - Toothpaste
  - Toothbrush
  - Shampoo/conditioner
  - Soap/body wash
  - Hairbrush
    - Camp St. Croix does not provide any toiletries unless in the case of an emergency, so please be sure your camper has the necessities.
- **Water Bottle**
  - We suggest packing a sturdy water bottle (hard plastic or metal) that is easy to carry from place to place.
- Insect Repellent and Sunscreen
- Flashlight or Headlamp
- Medications
  - All medications you plan to send with your camper must be in its **original packaging**, in a zip lock plastic bag, and will be given directly to the health staff at check-in.

#### Consider Bringing:

- A camera (disposable)
  - It is **not** recommended to send campers with expensive cameras.
- Journal and writing utensils
- Paper, envelopes, and stamps for sending letters
  - It is recommended that envelopes are pre-addressed/stamped.
- Books or small games to play with cabin mates.
- Sunglasses
- A small backpack or drawstring bag to carry personal belongings in.
- Dry Bag (we provide Duluth packs with liners however a dry bag is great additional tool to ensure things don't get wet)



# Sailing Specialty Camp Packing List

## 6 Days, 5 Nights

\*For 2-week groups, it is recommended to double the clothing listed below.

### What to Bring:

#### Bedding:

- A single/twin fitted sheet
- Pillow and pillowcase
- Sleeping bag
  - Please be sure to include a sleeping bag, ideally one that is easily packable/compressible, for your camper to take on their overnight trail experience.

#### Clothing:

- Bottoms
  - 4-5 pairs of shorts (casual or athletic)
  - 2-3 pairs of pants (jeans, athletic, or leggings)
    - Please be sure that at least 1 pair of shorts and 1 pair of pants are made of a **quick dry material** to be taken on trail (avoid denim, cotton, or other materials that remain wet for a long time).

#### Tops

- 4-5 t-shirts and/or tank tops
- 2-3 long sleeve shirts (in the event of colder weather)
  - Please be sure that at least 1 t-shirt is made of a **quick dry material**.

#### Undergarments

- Pack enough for at least 6 days.
  - It may be a good idea to pack extras

#### Pajamas

- Pack enough PJ's to last 5 nights.

#### Socks

- We suggest 4-5 pairs of socks to wear with sneakers.
- It is also recommended to bring 1-2 pairs of wool or wool blend socks to take on trail.

#### Shoes

- A pair of sneakers or other closed-toe shoes.
  - Please note that these will likely get dirty.
  - We do not consider Crocs to be close-toed shoes.
- A pair of sturdy sandals **with a back strap**.
  - Flip-flop sandals, Crocs, or "slides" are to be used for showers only, not activities or walking around camp. Please be sure to send your camper with at least 1 pair of close-toed sneakers/running shoes. If your camper does not have the correct footwear (i.e. sneakers), there may be activities that they will not be able to participate in for safety reasons.
- Swim shoes
  - We require campers to wear shoes while swimming in the river, so please be sure to pack shoes or sandals with a back strap, preferably with rubber soles, that your camper can swim comfortably in.

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- Outerwear
  - 1-2 sweatshirts for colder days/nights.
    - A fleece sweatshirt/jacket is encouraged for Trail
  - **A rain jacket or rain poncho**
    - Rain pants may be beneficial; however, they are not necessary.
- Swimsuit
  - 1-2 swimsuits

#### Miscellaneous:

- Towels
  - We suggest packing 1-2 bath towels and 1 beach towel.
- Hat
  - A ball cap, bucket hat, or any other summer hats are recommended.
- Personal Toiletries
  - Toothpaste
  - Toothbrush
  - Shampoo/conditioner
  - Soap/body wash
  - Hairbrush
    - Camp St. Croix does not provide any toiletries unless in the case of an emergency, so please be sure your camper has the necessities.
- **Water Bottle**
  - We suggest packing a sturdy water bottle (hard plastic or metal) that is easy to carry from place to place.
- Insect Repellent and Sunscreen
- Flashlight or Headlamp
- Medications
  - All medications you plan to send with your camper must be in its **original packaging**, in a zip lock plastic bag, and will be given directly to the health staff at check-in.

#### Consider Bringing:

- A camera (disposable)
  - It is **not** recommended to send campers with expensive cameras.
- Journal and writing utensils
- Paper, envelopes, and stamps for sending letters
  - It is recommended that envelopes are pre-addressed/stamped.
- Books or small games to play with cabin mates.
- Sunglasses
- A small backpack or drawstring bag to carry personal belongings in.

# Rock Climbing Specialty Camp Packing List

## 6 Days, 5 Nights

\*For the 2-week groups, it is recommended to double the clothing listed below.

### What to Bring:

#### Bedding:

- A single/twin fitted sheet
- Pillow and pillowcase
- Sleeping bag
  - Please be sure to include a sleeping bag, ideally one that is easily packable/compressible, for your camper to take on their overnight trail experience.

#### Clothing:

- Bottoms
  - 4-5 pairs of shorts (casual or athletic)
  - 2-3 pairs of pants (jeans, athletic, or leggings)
- Tops
  - 4-5 t-shirts and/or tank tops
  - 2-3 long sleeve shirts (in the event of colder weather)
- Undergarments
  - Pack enough for at least 6 days.
    - It may be a good idea to pack extras

#### Pajamas

- Pack enough PJ's to last 5 nights.

#### Socks

- We suggest 4-5 pairs of socks to wear with sneakers.
- It is also recommended to bring 1-2 pairs of wool or wool blend socks to take on trail.

#### Shoes

- A pair of sneakers or other closed-toe shoes.
  - Please note that these will likely get dirty.
  - We do not consider Crocs to be close-toed shoes.
  - If you or your camper wish to bring rock-climbing shoes for trail, you may do so, however they are not required.
- A pair of sturdy sandals **with a back strap**.
  - Flip-flop sandals, Crocs, or "slides" are to be used for showers only, not activities or walking around camp. Please be sure to send your camper with at least 1 pair of close-toed sneakers/running shoes. If your camper does not have the correct footwear (i.e. sneakers), there may be activities that they will not be able to participate in for safety reasons.
- Swim shoes
  - We require campers to wear shoes while swimming in the river, so please be sure to pack shoes or sandals with a back strap, preferably with rubber soles, that your camper can swim comfortably in.
- Outerwear
  - 1-2 sweatshirts for colder days/nights.
  - **A rain jacket / rain poncho**
    - Rain pants may be beneficial but are not necessary.

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- Swimsuit
  - 1 swimsuit

#### Miscellaneous:

- Towels
  - We suggest packing 1-2 bath towels and 1 beach towel.
- Hat
  - A ball cap, bucket hat, or any other summer hats are recommended.
- Personal Toiletries
  - Toothpaste
  - Toothbrush
  - Shampoo/conditioner
  - Soap/body wash
  - Hairbrush
    - Camp St. Croix does not provide any toiletries unless in the case of an emergency, so please be sure your camper has the necessities.
- **Water Bottle**
  - We suggest packing a sturdy water bottle (hard plastic or metal) that is easy to carry from place to place.
- Insect Repellent and Sunscreen
- Flashlight or Headlamp
- Medications
  - All medications you plan to send with your camper must be in its **original packaging**, in a zip lock plastic bag, and will be given directly to the health staff at check-in.

#### Consider Bringing:

- A camera (disposable)
  - It is **not** recommended to send campers with expensive cameras.
- Journal and writing utensils
- Paper, envelopes, and stamps for sending letters
  - It is recommended that envelopes are pre-addressed/stamped.
- Books or small games to play with cabin mates.
- Sunglasses
- A small backpack or drawstring bag to carry personal belongings in.

# Horseback Riding Specialty Camp Packing List

## 6 Days, 5 Nights

\*For 2-week groups, it is recommended to double the clothing listed below.

### What to Bring:

#### Bedding:

- A single/twin fitted sheet
- Pillow and pillowcase
  - Sleeping bag or 1-2 blankets
  - Wrangler 2-week campers – please be sure to include a sleeping bag, ideally one that is easily packable/compressible, for your camper to take on their overnight trail experience.

#### Clothing:

- Bottoms
  - 4-5 pairs of shorts (casual or athletic)
  - 2-3 pairs of pants (jeans, athletic, or leggings)
    - Campers must wear full length pants while working with the horses, so plan to pack a few extra pairs of pants (not leggings).

#### Tops

- 4-5 t-shirts and/or tank tops (Please pack at least two shirts specifically for horseback riding)
- 2-3 long sleeve shirts (in the event of colder weather)

#### Undergarments

- Pack enough for at least 6 days.
  - It may be a good idea to pack extras

#### Pajamas

- Pack enough PJ's to last 5 nights.

#### Socks

- We suggest 6-7 pairs of socks to wear with sneakers.

#### Shoes

- A pair of sneakers or other closed-toe shoes.
  - Please note that these will likely get dirty.
  - We do not consider Crocs to be closed toe.
  - If you or your camper would like to bring equestrian/western style boots, you may do so, however they are not required.
- A pair of sturdy sandals **with a back strap**.
  - Flip-flop sandals, Crocs, or "slides" are to be used for showers only, not activities or walking around camp. Please be sure to send your camper with at least 1 pair of close-toed sneakers/running shoes. If your camper does not have the correct footwear (i.e. sneakers), there may be activities that they will not be able to participate in for safety reasons.
- Swim shoes
  - We require campers to wear shoes while swimming in the river, so please be sure to pack shoes or sandals with a back strap, preferably with rubber soles, that your camper can swim comfortably in.
- Outerwear
  - 1-2 sweatshirts for colder days/nights.
  - **A rain jacket / rain poncho**
    - Rain pants may be beneficial; however, they are not necessary.

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- Swimsuit
  - 1 swimsuit

#### Miscellaneous:

- Towels
  - We suggest packing 1-2 bath towels and 1 beach towel.
- Hat
  - A ball cap, bucket hat, or any other summer hats are recommended.
- Personal Toiletries
  - Toothpaste
  - Toothbrush
  - Shampoo/conditioner
  - Soap/body wash
  - Hairbrush
    - Camp St. Croix does not provide any toiletries unless in the case of an emergency, so please be sure your camper has the necessities.
- **Water Bottle**
  - We suggest packing a sturdy water bottle (hard plastic or metal) that is easy to carry from place to place.
- Insect Repellent and Sunscreen
- Flashlight or Headlamp
- Medications
  - All medications you plan to send with your camper must be in its **original packaging**, in a zip lock plastic bag, and will be given directly to the health staff at check-in.

#### Consider Bringing:

- A camera (disposable)
  - It is **not** recommended to send campers with expensive cameras.
- Journal and writing utensils
- Paper, envelopes, and stamps for sending letters
  - It is recommended that envelopes are pre-addressed/stamped.
- Books or small games to play with cabin mates.
- Sunglasses
- A small backpack or drawstring bag to carry personal belongings in.