

## Listen CI Camp – Packing Checklist

- Casual Clothing for 4 days**
  - It is routinely cool (50-60's) in the mornings and mid-late evenings, and warm (70-90's) in the afternoons. There are fans, but no a/c in the lodge.
  - Bring clothes that will layer – such as T-shirts, sweatshirts, shorts, jeans, sweatpants, a warm layer, etc.
  - Camp is very casual; don't bring clothes to dress up or ones that you're concerned about the kids getting dirty.
  - We will provide a short sleeve t-shirt for each camper to wear on Friday.
- Required Medication**
  - Bring all your own. If you forget, prescriptions can be filled at the pharmacy in Estes. Neither the camp nor the YMCA provide healthcare or stock any medications.
  - Bring allergy medication if you suffer from spring allergies (which come late in the mountains). We do not want anyone suffering from symptoms that might appear to be an illness.
- Closed Toe Shoes**
  - Athletic shoes are highly recommended. We will be walking between activities spread throughout the 860-acre campus. Open shoes are not allowed for many activities.
- Rain Gear** - (lightweight, waterproof jacket with a hood or hooded poncho).
  - Brief, passing afternoon rain is the norm.
  - Many outdoor activities occur rain or shine.
- Sun Protection** – Sunscreen, hat, sunglasses, and lip balm are a MUST at altitude.
- Water Bottle**
  - Refillable & labeled with your name!
  - Kids each need their own for Friday night and Saturday morning.
- Daypack/Backpack**
  - Please ensure your kids each have their own backpack to carry a rain jacket, sunscreen, refillable water bottle, extra implant gear, etc. when they go to their own activities Friday night and Saturday morning.  
LABEL all items!
- All Toiletries**
- Electrolyte Packets or Tablets**
  - The elevation at the YMCA is 7,890 feet. Camp is active and we are outside much of the day. Please bring electrolytes as a precaution for your family. Excellent hydration helps to prevent altitude sickness!
- Bug Spray**
- Flashlight**
- Electronics**
  - Backup CI equipment, drying kits, chargers, and/or batteries (zinc air batteries do not last as long at altitude).
  - Cell phone chargers.
  - Rooms have alarm clocks.
  - Wi-Fi is fair; cell reception is not good.
- Swimsuits**
  - Saturday there are pool party sessions!
  - One parent must remain at the pool with his/her child(ren). **For children under 8, their parent must be in the water.** Please pack accordingly.
  - The YMCA provides towels.
- Snacks** (as desired)
  - All you care to eat breakfast, lunch, and dinner are provided. You are encouraged to bring plenty of snacks for your family.
  - There is a Parent Social Friday evening (BYO Refreshments, Alcohol Prohibited).
- Notes:**
  - **Lodging:** Rooms are equipped with two queen beds, a pull-out twin mattress, all bedding and towels, private bathroom, blow dryer, soap/ shower gel (NO other toiletry items), mini fridge, tower fan, and ceiling fan. Rooms are not air conditioned; bring additional fans and extension cords as desired. There is a microwave in the lobby.
  - **Optional Horseback Riding:** long pants and closed, sturdy shoes are required.
  - **Cribs:** If you need a crib or high chair, please let us know ASAP.
  - **Money:** Money is not required at camp; however, there is a general store and an Arts & Crafts center that has a variety of projects (for a fee). Purchases cannot be charged to your room. Cash or a card must be used at time of sale.