

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 their child(ren). **Children under age 13 may be required to have their parent in the water.** Please pack accordingly. The YMCA Swim Policy is available in the UltraCamp Document Center.
- 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.