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 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.
- ☐ **Electronics**
  - Backup CI equipment, drying kits, chargers, and/or batteries (zinc air batteries do not last as long at altitude), FM, DM, Mini Mic, etc. LABEL ALL ITEMS!
  - Cell phone chargers.
  - Rooms have alarm clocks.
  - Wi-Fi and cell are inconsistent.
- ☐ **Closed Toe Shoes**
  - Athletic shoes are highly recommended. We will be walking between activities spread throughout the 860-acre campus. **Open shoes are <u>not allowed</u> 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 – S**unscreen, 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.
- ☐ **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!
- ☐ **Snacks & Coffee** (as desired)
  - All you care to eat breakfast, lunch, and dinner are provided. You are encouraged to bring plenty of snacks for your family!
  - Mini fridge in guest rooms. Microwave in lobby.
  - There is a Parent Social Friday evening (BYO Refreshments, **<u>Alcohol Prohibited</u>**).
  - Coffee makers and coffee are provided in guest rooms. For an enjoyable cup, bring your preferred brand/flavor of single serve, flat, soft pods.



- ☐ **All Toiletries**
- ☐ **Bug Spray**
- ☐ **Flashlight**
- ☐ **Swimsuits**
  - Saturday there are pool party sessions!
  - One parent must remain at the pool with their child(ren). **<u>Children under age 13 may be required to have their parent in the water</u>.** Please pack accordingly. Please review the YMCA Swim Requirements.
  - The YMCA provides towels.
- ☐ **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!
- ☐ **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.
- ☐ **Prohibited Items –** Please review camp policies**.**