

YAS PACKING LIST

Becket-Chimney Corners YMCA

The weather in Montana and Wyoming can vary greatly, reaching the 90°s during the day and low 30°s at night. In the summer months, it is common for rainstorms to roll in briefly in the afternoons. Having appropriate rain gear is essential. Non-cotton materials such as wool, fleece and polypropylene (or synthetic blends) will dry faster and keep you warmer than cotton, especially when camping and doing physical activities outside. It is more effective to appropriately layer clothing than to bring a lot of bulky clothes. Clothing may return torn and stained with mud or paint. Please only bring what is on the packing list and be prepared to re-wear outfits. For this program, less is more!

ESSENTIAL ITEMS

- ___ **DUFFLE BAG/BACKPACK** – Please do not bring hard-frame suitcases nor bags with wheels. We recommend a soft-sided bag approximately 36"x18" or smaller. You must be able to carry all of your belongings through the airport and in and out of vehicles yourself. Participants will not be "backpacking" on YAS.
- ___ **DAYPACK** – Like a school backpack, it should be comfortable for hiking and be able to carry a water bottle, rain jacket and lunch.
- ___ **SLEEPING BAG & STUFF SACK** – Your sleeping bag should be a mummy style bag rated to 20 degrees or lower; Yellowstone and the Tetons get cold at night! This must fit inside your duffle bag.
- ___ **SLEEPING PAD**—An insulating layer between you and the ground at night is essential. Foam or inflatable sleeping pads work well. This must fit inside your luggage.
- ___ **HEADLAMP** – Bring extra batteries. You will use this a lot at night.
- ___ **LONG UNDERWEAR (TOP & BOTTOM)** – Polypropylene / Synthetic style top and bottom. The warmer, the better.
- ___ **WATER BOTTLES (3)** – Nalgene or Sigg style (32 oz) is preferred.
- ___ **WINTER HAT & GLOVES**– For cold nights and mornings
- ___ **FLEECE JACKET or WOOL SWEATER (1)** – It can get very cold.
- ___ **HEAVY-WEIGHT FLEECE or DOWN JACKET (1)**– For really cold nights.
- ___ **UNDERWEAR (12-15prs.)**– Between laundry days this will be the first item to run out.
- ___ **HATS (2)** – 1 sun or baseball style hat and 1 winter hat
- ___ **GLOVES (2pr.)** – 1 pair of work gloves made of heavy-duty material; leather works best. 1 pair of mittens/winter gloves.
- ___ **BRAS (3-4)** – One sports bra
- ___ **SOCKS (10- 12 prs.)** – At least 4 pairs should be synthetic hiking or wool socks.
- ___ **PAJAMAS (1pr)** – Suitable for (REALLY!) cold nights...think frost on the tents. A 2nd set of thermal long underwear works well.
- ___ **BATHING SUIT (1)** — Camp appropriate swimsuit: Swim trunks for boys, one-piece or athletic style bikini for girls.
- ___ **WATERPROOF RAIN JACKET OR SHELL WITH A HOOD (1)**
- ___ **TRAIL SHOES (1 pr.)** – Comfortable trail shoes or hiking boots. Make sure they are broken-in and comfortable to wear all day!
- ___ **SNEAKERS (1pr.)**
- ___ **SHOWER SANDALS (1pr.)**

CLOTHING AND FOOTWEAR

- ___ **PANTS (2-3 prs.)** – 2 pairs for work/paint use like jeans or Carhartts, 1 pair for daily use. Note: Skinny jeans and leggings are not work pants.
- ___ **SHORTS (4prs.)** – One pair should be long/athletic type.
- ___ **T-SHIRTS (7)** – At least 3 should be synthetic (not cotton, fast drying).
- ___ **LONG SLEEVED SHIRTS (3)** – One should be synthetic (not cotton, fast drying). It is easy to get sunburned out West, so it is nice to have a lightweight, long-sleeved option.

MISCELLANEOUS

- ___ **TOILETRIES**– Bring enough for the whole trip. Biodegradable soap works best. Please leave strongly scented products and sprays at home e.g. Axe body spray.
- ___ **STRONG SUN BLOCK** – *SPF 30 or higher.*
- ___ **PADS/TAMPONS** – Female campers should bring them even if you think you won't need them.
- ___ **TRAVEL TOWEL** – Bring a towel that will dry quickly.
- ___ **CAMERA/Memory Card/Charger** –This cannot be your cell phone; cell phones are not allowed.

- ___ **WATCH** – It is really important to be on time.
- ___ **TRAVEL ALARM CLOCK** – You may be responsible for waking up the group during the trip.
- ___ **LARGE PLASTIC TRASHBAGS (2)** – To keep things dry.
- ___ **ZIPLOCK BAGS** – Both small and large for packing and to protect your things.
- ___ **SPARE EYEGLASSES** – Especially for contact wearers.
- ___ **FIRST AID KIT*** – Keep it small and fill it with items you may commonly need or use. Leaders will also carry a first aid kit.
- ___ **SUNGLASSES**
- ___ **EXTRA BAG** – To keep at camp with anything you decide not to bring.

OPTIONAL

- ___ **BUG REPELLANT**
- ___ **WATER SHOES (1pr.)**– Shoes that will stay on your feet when swimming in lakes or streams
- ___ **DOWN VEST**– Very nice to have if you get cold easily.
- ___ **LIP BALM/LOTION/SALINE NASAL SPRAY** – For the dry climate.

- ___ **FAVORITE RECIPES** — Bring a few recipes from home that can easily be made on a Coleman stove.
- ___ **BOOKS, MUSIC, GAMES** – For long waits and plane rides. You can bring music or reading devices like IPODs or Kindles without wi-fi access but you are responsible for it. Charging may not always be available.
- ___ **ANTI-BACTERIAL HAND GEL** – Lots of Outhouses!
- ___ **MUSICAL INSTRUMENT**
- ___ **CLOTH LAUNDRY BAG** – For dirty laundry.
- ___ **ENERGY/SNACK BARS**
- ___ **JOURNAL/ LETTER WRITING SUPPLIES**
- ___ **SWISS ARMY KNIFE**
- ___ **COMPRESSIBLE TRAVEL PILLOW** – otherwise use a rolled up fleece as a pillow.
- ___ **WATER BOTTLE BACKPACK**—A Camelbak or similar style hydration system can be helpful.
- ___ **SOUVENIR MONEY** – You will not need any money to fully participate, but most YASers bring around \$200 to spend on souvenirs and extra snacks. Bring \$60 in cash and the rest on a VISA or Mastercard debit card. Know your pin number.

***All medications must remain in their original packaging.** If you use prescription medication, please ensure you bring enough supplies to last through the entire program, plus a little extra. All meds will be turned in to the infirmary while at camp and will be given back to you before you leave for your trip.

WHAT NOT TO BRING

- Cell phones, computers, tablets, I-pod touch (MP3 players okay)**
- Expensive/large jewelry or watches, valuable personal items, any sort of “bling,” or anything you would be sad to lose or get really dirty
- Weapons of any kind

**TSP Participants are not allowed to bring electronic devices that allow them access to the internet or texting. Standard MP3 players are okay. If your phone is also your camera, MP3 player, etc. you will need to bring separate devices or go without.



PACKING LIST GUIDE

Items on the packing list can be borrowed from friends, found in thrift stores, or purchased from most outdoor gear retailers such as REI, Eddie Bauer, L.L Bean, etc. Good deals on items can sometimes be found online at sites such as [Steep and Cheap](#), [Backcountry](#), and [Sierra Trading Post](#).

See below for links to items we frequently receive questions about:

[Duffle Bag](#) or [Backpack](#)

[Sleeping Bag](#) – A mummy-style bag will be warmest

[Stuff Sack](#)

[Sleeping Pad](#) – Foam or self-inflating, this is personal preference

[Headlamp](#)

[Long Underwear Top & Bottom- Men's](#)

[Long Underwear Top and Bottom- Women's](#)

[Water Bottles](#)

[Work Gloves](#)

[Waterproof Rain Jacket](#)

[Hiking Shoes](#)

[Travel Towel](#)

[Water Bottle Backpack](#)

[Travel Pillow](#)