

## 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 for the kids that you don't want to get dirty
  - We will provide a short sleeve t-shirt to wear on Friday
- All Toiletries**
- Required Medication**
  - Bring all your own. If you forget, prescriptions can be filled in town at the pharmacy. Neither the camp nor the YMCA provides healthcare. We do not stock Advil or medicines.
  - 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 “covid-like” so start medication before you arrive.
- 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 horseback riding or rock climbing.
- 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
- Bug Spray**
- Flashlight**
- Electronics**
  - Backup CI equipment & batteries
  - Cell phone chargers
  - Rooms have alarm clocks
  - Wi-Fi is fair; cell reception is not good
- Daypack/Backpack**
  - Please make sure 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
- 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.
  - 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).
  - Mini fridge provided in guest rooms.
- Notes:**
  - **Lodging:** Rooms are equipped with two queen beds, a pull-out twin mattress, all bedding and towels, private bathroom, soap/shower gel (NO other toiletry items), mini fridge, and fan. There is a microwave in the lobby. Rooms are not air conditioned.
  - **Horseback Riding:** long pants and closed toe, sturdy shoes are required
  - **Hayrides:** long pants and closed toe shoes are advised to sit on the hay
  - **Cribs:** If you need a crib, please let us know ASAP. There will be high-chairs in the cafeteria
  - **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.