Recommended Packing List

All items brought to S.O.A.R. **MUST** fit within two bags (ex. 1 duffel and 1 backpack/smaller duffel) including sleeping bag, sheets, pillows, etc. **NO garbage bags, shopping bags, etc. will be permitted.**

Sleeping bags and pillows **MUST** be bundled and inside one of the two bags.

ALL duffel bags/backpacks must be sealed.

**What To Bring:**
- 1 Sleeping bag or sheets and a blanket
- 1 Pillow
- 1 Pair sneakers
- 2 Pairs of pants
- 2 Pairs of shorts
- 3 T-Shirts
- 1 Sweatshirt
- 4 Pairs of Socks
- 3 Pairs of underwear
- 1 Shower Towel
- 1 Beach towel
- 1 Bathing Suit
- 1 Rain coat/Poncho
- 1 Deodorant
- 1 Flashlight (with batteries)
- 1 Toothbrush/Toothpaste
- 1 Comb/brush
- 1 Small bar/bottle of soap
- 1 Small bottle of shampoo /conditioner
- 1 Pair of shower shoes/flip-flops
- 1 Bottle insect repellent
- 1 Bottle suntan lotion (30 SPF recommended)
- 1 Pair Sunglasses
- 1 Hat/baseball cap
- Backup Glasses/Contacts/Saline Solution

**What NOT To Bring:**
- Cigarettes/Tobacco Products (Smoking is not permitted on campgrounds)
- iPods, Radios, Laptops, Cell Phones, etc. (YMCA is not responsible for personal belongings and charging outlets are scarce)
- Alcohol is PROHIBITED on YMCA property
- Firearms, personal bows and arrows
- Food (cabins are not secured from wildlife)