



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Voyagers (at Outpost) Information Packet: Clothing and Gear

Greetings from Camp Echo! Making sure that you have all of the right items for your program can be a bit daunting. This list provides detailed information about all of the essential clothing and gear items you will need for your time spent living at Outpost and your off-camp overnight trip.

The Voyagers program is unique in the fact that it is both on-site and has access to all camp facilities (including the Dining Hall and KYBOs), but participants are also living in a rustic setting in platform tents with no electricity. The group will also have a short off-camp adventure experience during the session. Our goal is to prepare all of our campers well in advance of their programs so that every participant arrives at camp with a thorough understanding of what to expect during their session. If you have questions about Voyagers or what to bring, please call the Echo office at (847) 475-7400 ext. 259 or email us at echoinfo@mcqawymca.org.

WHAT WE SUPPLY

Camp Echo's trip center provides all of the food, water, and shelter-related items for the Voyagers program including stoves, cooking supplies, water purification systems, tents, tarps, and ropes. The trip center also supplies all necessary first aid equipment and emergency communication devices.

WHAT TO BRING

Weather at camp is often unpredictable. For this reason, having the proper clothing is critical. Please bring all of the required items on the packing list below. Some of the required items on your list will be provided to every camper for the off-camp overnight trip. These items are indicated by a star. However, we do not require participants to use Camp Echo's gear. If you already own a starred item or would like to purchase or borrow your own gear from another source, you are welcome to do so.

Outdoor apparel is an investment. Shop around before you buy anything, read product reviews, and try everything on. Don't worry about colors or style—outdoor gear is meant to keep you warm, dry, and comfortable. Many Echo staff and participants use the following retailers when purchasing gear:

Recreation Equipment Incorporated (REI) - www.rei.com

Uncle Dan's The Great Outdoor Store - www.udans.com

Sierra Trading Post - www.sierratradingpost.com

Backcountry - www.backcountry.com

We also encourage you to borrow clothing and gear, especially if this is your first experience living in the outdoors. Echo's trip center has some outdoor clothing that campers are welcome to borrow. However, our selection is limited, so please contact the office prior to your trip to let us know what you would like to borrow, and we will let you know what we have available.

FABRICS

Warm, comfortable, quick-dry clothing is best in outdoor settings. Preferred fabrics include polyester, polypropylene, fleece, acrylic, rayon, and wool. Popular name brands for these materials are Polartec™, Thinsulate™, COOLMAX, and Capilene. Synthetic materials are always recommended for wilderness recreation as they are able to retain their insulating qualities when they get wet. Cotton and denim are OK to pack for your time at Outpost, but are not ideal for the group's two night camping trip at a nearby state park. Please be sure to pack at least 2 quick-dry shirts, 2 pairs of quick-dry shorts, wool socks, and warm synthetic layers for this mini-trip away from Echo.

PACKING AND STORAGE

Pack your clothing and gear in a duffel bag or small suitcase. Before you leave for your off-camp trip, your counselors will go through the packing list with you and the rest of the group to be sure everyone has everything they need. You may want to bring a small backpack or tote bag to pack items you might want in transit to and from the trip or for day hikes. Any items you brought to camp that will not be going on the trip with you will remain at Outpost until you return.

MEDICATIONS

Please do not pack any medications you take, prescription or over-the-counter. All medications must be checked in with a staff member at the departure buses in Evanston, or brought to the clinic by a parent if you are dropped off at Camp. Prescription medication must arrive in its original container with the prescription label intact. Remember to include detailed instructions for each medication on your health form.

EYE CARE

Camp Echo recommends glasses with a strap rather than contact lenses for the Voyagers program. It is more difficult to maintain adequate hygiene when wearing contact lenses in a rustic setting. Wearing contact lenses puts you at risk of several conditions and infections. These conditions can develop very quickly and can be very serious. If you do choose to wear contact lenses, bring both a backup pair of contacts as well as a pair of glasses. Be sure to bring enough contact lens solution and be diligent in your contact lens routine.

Every Voyagers participant is encouraged to bring a pair of 100% UVP sunglasses with a strap. Long days in the sun can be hard on the eyes, so it is very important that you bring sunglasses and wear them all day when off camp.

SKIN CARE

All of our off-camp trips pack out with a liberal supply of sunscreen and bug spray; however, participants who are particularly prone to sunburn or who react strongly to bug bites are encouraged to bring their own supply of skin protection. If you are prone to dry or cracked skin, you may bring a travel-sized bottle of unscented lotion. Any product you bring must be unscented, as scents will attract animals and bugs.

MAIL & CAMPER COMMUNICATION

Any mail sent to Voyagers participants will be delivered after lunch daily, including camper email and replies through CampInTouch.

TELEPHONE

Voyagers campers will be living in platform tents immersing themselves in an outdoor setting over the course of their session. They will be unable to place or receive phone calls. Cell phones are not permitted on any of Camp Echo's programs. The Voyagers counselors will have walkie talkies and cell phones in case they need to get in touch with camp or call for help. If an emergency situation arises and a parent or guardian needs to get in touch with a camper, please contact the Camp Echo staff at (231) 924-7076.

SLEEPING BAGS

Temperature and weather are unpredictable, so it is critical that your sleeping bag will keep you warm and dry. The sleeping bag you bring on your trip should be warm, lightweight, and packable. The best, insulating sleeping bags are made from down or synthetic materials. It is ideal for your sleeping bag should pack down to 20 liters or less.

Take time to shop around for your sleeping bag. Outdoor retailers like REI are excellent resources and their staff will be happy to help you find the best bag for your trip. Also, be sure to "try on" your sleeping bag before you arrive for your trip. Fully zip yourself inside, lie down, and wiggle around as you assess for warmth and comfort. The bag should be long enough to fully cover the top of your head while leaving room for your feet at the bottom.

SLEEPING PADS

If you would like to bring a sleeping pad for the off-camp trip, you are welcome to do so. Your sleeping pad provides a warm, protective layer of insulation between your sleeping bag and the ground. We highly recommend inflatable sleeping pads. Reliable brands include Therm-a-Rest® and REI. Inflatable pads provide more comfort and keep you warmer on cold nights. You can also look for a closed-cell foam pad at least 3/8-inches thick. At a minimum, your shoulders and hips should fit on your sleeping pad, though many people opt for a length that fits the whole body. Your sleeping pad should roll up to a small enough size that it can be easily packed into a backpack or strapped to the outside.

**If you have any questions about Voyagers or what gear you will need,
please contact the Camp Echo office.**

Phone: (847) 475-7400 ext. 259 Email: echoinfo@mcgawymca.org

WHAT TO BRING: Voyagers (at Outpost)



Camp Echo has partnered with Uncle Dan's (www.udans.com, 901 Church St, Evanston, IL).

Uncle Dan's is offering a 10% discount on any items that are not already on sale.

**Do not pack medications (prescription or over-the-counter) in your luggage
– you will need to check them in with staff at the buses.**

Required Clothing

- 1 or 2 pairs of closed-toe shoes
(gym shoes/ athletic shoes/ boots to hike)
- 1 rain jacket with a hood
- 1 pair of rain pants
- 1 long underwear top
- 1 long underwear bottom
- 1 pair of warm long pants (fleece or wool)
- 2-3 pairs of wool socks (1 Pair for the trip)
- 5-7 pairs of shorts
- 8-10 t-shirts
- 1 fleece pullover or jacket
- Underwear for 2 weeks (2 pairs for the trip)
- 2 or 3 swimsuits
- 1 hat with a brim
- 1 warm winter hat

Bedding

- 1 sleeping bag (20 liters or smaller)
- 1 stuff sack for sleeping bag
- pillow & 2 pillow cases
- fitted sheet (twin)

Other Required Items

- 1 toothbrush
- 1 tube of travel-sized toothpaste
- 1 tube of SPF lip balm
- Toiletries (shampoo, soap, etc)
- 1 pair of sunglasses with a strap
- 1 flashlight or headlamp (headlamp preferred)
- 2 32-oz. hard plastic water bottles
- 1 van bag (backpack or tote bag)
- bag lunch for the bus ride to camp – carry on!**

Optional Items

- 1 bottle of personal bug spray (with DEET)
- 1 bottle of personal sunscreen
- 1 2 liter 3 liter hydration pouch (also called a bladder)
- 1 mosquito head net
- 1 small camp towel
- 1 small camp pillow
- 1 camera (also recommended: waterproof case)
- Journal
- Book
- Playing cards
- Insulated mug with lid
- Extra batteries for flashlight or headlamp
- Camp suds (travel-sized and biodegradable)
- Lotion (travel-sized and unscented)
- Hairbrush or comb
- 1 sleeping pad
- "wacky" apparel to wear on Wacky Wednesday

Do Not Bring

Electronic Screens or WiFi-enabled Products:

- Cell phones
- Game devices (i.e. Nintendo DS or PSP)
- MP3 players with a screen (i.e. iPod Touch, Classic, or Nano)
- Devices with Internet connectivity
- E-readers (i.e. iPad, Kindle, or Nook)
- Wearable technology (ie smart watches and fitness

- Bottled drinks or food (other than for bus to camp)
- Alcohol, tobacco products, illegal drugs, or intoxicants
- Money, valuable jewelry, or keepsakes (or pets!)
- Matches, lighters, firecrackers, sparklers, or equivalent
- Glass containers (aerosol cans discouraged but permitted)
- Guns, knives, weapons of any sort

**The McGaw YMCA is not responsible for lost or stolen clothing or items.
Please label everything.**