



YMCA CAMP NAN A BO SHO Wilderness Canoe Trips Packing List

This is a recommended list of items to pack for your stay at Camp Nan A Bo Sho. Laundry is not available for camper use, bring enough clothes for the number of days you will be at camp. Please label all items with your campers' first and last name.

Campers should only pack clothes they are comfortable getting messy and can move around in. Please do not bring your fanciest or newest equipment/clothes.

Item	Quantity	Comments	Check List
Duffle Bag	1	Campers carry their own luggage, pack to make it easy for transport. Wheeled luggage is not recommended as our trails to cabins are not paved.	
School Type Backpack	1	Campers like to carry their journals, water bottles, trading post items, and other things around camp.	
Bedding			
Sleeping Bag	1	Stuffable but warm sleeping bag is needed for your canoe trip. The smaller and lighter the better!	
OR Warm Blanket & Twin Sheets	1	An option if you prefer to not sleep in a sleeping bag while in camp.	
Pillow	1	With a pillowcase.	
Bathroom/Shower			
Bath Towel	1-2	Campers usually shower every other day while in camp, towels will be hung to dry outside	
Wash Cloth	1-2		
Swim Towel	1-2		
Toiletries		Toothbrush, toothpaste, soap, shampoo & conditioner, hairbrush, hair ties, deodorant, lip balm, feminine hygiene products, etc.	
Medications		Packed in original container, labeled with camper's name.	
Shower Caddy	1	Something to carry all your toiletries to the bathhouse.	



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Clothing			
Socks	1 per day	Enough for your time at camp	
Underwear	1 per day	Enough for your time at camp	
Swimsuit	1-2		
Shorts	1 per day	Fast drying and long enough to be comfortable doing camp activities.	
Long Pants/J Jeans	2 per week	For those cool nights around the campfire.	
T-shirts	1 per day	If graphic t-shirt, content must be appropriate (no drug, alcohol, or other explicit references).	
Long Sleeve Shirts/Sweatshirts	2 per week	For those cool nights around the campfire.	
Pajamas	1-2	Most cabins have AC and will be cool at night.	
Rain Gear	1	Rain jacket with pants is ideal, no ponchos!	
"Fancy" Clothes	1 outfit	For dinner on Thursday night. Campers and staff "dress-up" in non-expensive fancy clothes. Optional but recommended.	
Baseball Cap or Bandana	1-2	Sun protection is the primary use but also to be used on trail.	
Footwear			
Tennis Shoes	1-2	Required for many camp activities.	
Shower Shoes/Flip Flops	1	For walking to the bathhouse and showering.	
Sturdy Sandals	1	Can be an option to wear around camp.	
Equipment			
Flashlight with Batteries	1	For nighttime visibility in camp and on trails. Headlamps work great!	
Water Bottle	2	32oz size, Nalgene brand are compatible with our water filters. Water bottles are also sold at the camp store.	
Bug Spray	1	Non-aerosol	
Sunscreen	1	Non-aerosol	
Sunglasses	1	Cheap sunglasses are the best for camp.	



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Optional Items			
Stationery and Envelopes with Stamps		Pre-addressed and stamped for campers to write home to friends and family.	
Camera	1	Disposable cameras are a great way to capture memories at our screens free camp.	
Quiet Games or Books	1	Playing cards, word searches, etc.	
Notebook, Journal, Pens, Pencils	1	Great for FOB and quite time	
Something White to Tie-Dye	1	Campers may have the opportunity to tie-dye, please ensure items are 100% cotton and have the campers first and last name on the item.	
Money for the Camp Store		We sell t-shirts, toys, snacks, hoodies, stuffed animals and so much more!	
Additional Required Items for Canoe Trip			
Canoeing Shoes	1	Boots or study shoes with hard soles are required, they are essential for portaging. Shoes will be wet & muddy every day, so don't buy expensive hiking boots!	
Wool/Synthetic Socks	3-4	Good socks prevent blisters; wool or synthetic socks are best; they are durable and dry quickly.	
Fast Drying Clothing	2-3	You will pack 2-3 t-shirts and shorts for your trip, breathable, fast drying items are recommended.	
Non-cotton Jacket/Sweatshirt	1	Fleece, polypropylene, polar tech, etc. are all great options. They are warmer and dry faster than cotton sweatshirts.	
Ziplock Bags	10	Mix of gallon and quart size to pack clothes in your backpack.	
Plastic Trash Bags	1-2	Kitchen size, used to waterproof your sleeping back in your backpack.	
Optional Items for Canoe Trip – Camp will provide if needed!			
PFD/Lifejacket	1	If you have a personal favorite.	
Sleeping Pad	1	Closed cell foam or thermal rest style.	
Carabiners	2-3	Good for attaching items to Duluths.	



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DO NOT BRING:

- × Food, snacks, gum, drinks
- × Electronics: iPads, tablets, cell phones, iPods, smart watches, etc.
- × Hair dryers, curling irons, straighteners
- × Makeup or dangle/hoop earrings
- × Sentimental or expensive valuables

We do not want campers to purchase unnecessary items, please ask if you have questions about something before purchasing! Camp does have a small collection of tripping gear and clothing that can be loaned out if necessary including; sleeping bags, rain gear, water bottles, fleece jackets, etc.

Camp will provide all necessary group gear including; Duluth packs, tents, stoves, water filters, cooking gear, tarps, ropes, maps, first aid kit, equipment repair supplies, etc.

If you have questions about anything on this list, please contact us at campnanabosho@ymcafoxcities.org or 715.276.6084