

# YMCA Camp Abnaki Pack List

This pack list has the recommended items for two weeks at Camp Abnaki.  
We strongly recommend sending nothing to camp of high monetary or sentimental value.

## Clothes...

- 8 - 10 pairs of shorts
- 16 pairs of underwear
- 16 pairs of socks
- 12 tee shirts
- 3 long sleeve shirts
- 4 pairs of jeans or long pants
- 1 nicer shirt (dance)
- 2-3 swim suits
- 2 sweatshirts
- 1 rain jacket

## Personal items...

- A hat
- A laundry bag
- A pair of pajamas
- Insect repellent
- Sunscreen
- Soap
- Toothbrush
- Washcloth
- Shampoo
- Other toiletries

## For the cabin...

- 1 pillow
- 2 pillow cases
- Sleeping bag and/or sheets & blankets
- 2 bath towels
- A pair of slides or sandals
- Stuffed Animal(s)
- See optional items

## Optional items...

- Musical instruments
- Card games
- Paper, pen/pencil
- Pre-addressed stamped envelopes
- A camera
- Books
- A back pack
- A small fan
- A pair of cleats

## For Your Feet...

- A pair of waterproof boots or an extra pair of shoes
- A pair of water shoes, sandals, or old sneakers to go in the lake (We have a rocky shore)
- A pair of closed toed shoes for active games

## Don't forget...

- Flashlight: We are often outside at night
- Water Bottle: The best way to make sure you stay hydrated
- Extra towel: You will most likely be in the water a lot
- Your camp imagination

## Please do not bring...

- Cell phones
- Pocket knives, axes, hatchets, or firearms
- Bicycles
- Fireworks
- Water guns or water balloons
- Electronics of any type
- Gum, candy or soda
- Drugs, Tobacco, or Alcohol

## Notes.....



## YMCA CAMP ABNAKI FORMS CHECKLIST

Please return all forms 3 weeks prior to your first session

All forms are available online in your UltraCamp Account and must be filled out online. The Doctor's Form is the only form that has to be printed out and brought and returned.

- Camper Health History (4 pages, [Form 1](#)). Provides our nurse with the information they need to prepare for the session and provide safe camp health care for all. This includes your son's immunization records.
- Doctor's Exam Form (1 page, [Form 2](#)). Campers are required to have a physical examination within 24 months prior to attending camp. This form must be signed by your son's physician and filled out on a yearly basis. **We cannot use last year's form.**
- Copy of Health Insurance Card. You are responsible for any medical costs incurred during your son's time at camp. All campers are required to have some form of health insurance. This can be uploaded to your account or e-mailed to [abnakioffice@gbymca.org](mailto:abnakioffice@gbymca.org).
- Camper Information Form ([Form 3](#)). Provides our staff with a chance to get to know about your son before he arrives.
- Confidential Family Information Form ([Form 4](#)). We rely upon various partner agencies for support to provide programs at a reduced cost. The information on this form is used to secure that support. This form is anonymous and confidential.
- Transportation Arrangements Form ([Form 5](#)). Please let us know how your son is arriving/departing camp. This will help for a smooth transition for all campers.

Forms must be completed 3 weeks prior to your first session.

All forms must be completed each year. UltraCamp remembers information on the online forms from year to year, you need to verify that it is all still up to date.

Thanks so much for completing our camp forms. We are all looking forward to seeing you this summer.

Thanks for choosing the Abnaki family!

**802-652-8180 - [info@campabnaki.org](mailto:info@campabnaki.org)**