

# WHAT TO BRING

## What to Bring to Camp Manito-wish YMCA RYLA Conference

Temperatures in the Northwoods are very unpredictable. You will spend most of your time outside, so make sure that you come prepared for all types of weather, including snow. We recommend comfortable outdoor clothing that you can layer (see below) and don't mind getting wet or dirty. In addition, Camp Manito-wish does not provide any bedding (sheets for blankets) or linens (towels). We recommend that you bring a sleeping bag and pillow, and a durable set of towels.

### Clothing

- Raingear – jacket and pants
- Hat with brim
- Long pants
- Shorts
- T-shirts
- Warm sweater or fleece jacket
- Underwear
- Long Underwear
- Socks (wool and/or synthetic, not cotton)
- Gloves and hat
- Swimsuit (for lake or sauna, conditions permitting)
- Sneakers or walking shoes (not sandals)
- Wet shoes

### Bedding and Towels

- Bath towel
- Wash cloth
- Pillow
- Top sheet, bottom sheet, and blankets  
OR sleeping bag

### Other

- Toiletries and personal hygiene supplies
- Sunglasses
- Water bottle
- Flashlight
- Sunscreen, SPF 15 (minimum)
- Bug repellent (optional)
- Journal (optional)
- Camera (optional)
- Book (optional)

**The Camp Manito-wish Trading Post has available for purchase some of the items listed above, as well as various items of camp merchandise (clothing, souvenirs, etc).**

### CONSIDER LAYERING!

Layering means wearing numerous items of thinner clothing, rather than one heavy item. Layering traps more air, keeping you warmer. Layering also allows you to adapt your clothing to the variety of weather conditions you may experience. Start with thinner, tighter layers near the skin (e.g. long underwear), and move to heavier, looser layers (e.g. fleece) away from the body. Top it off with a windbreaker and/or windpants and you have an excellent clothing system.