



# REACH PACKING LIST

Becket-Chimney Corners YMCA

The natural tendency is to pack too much. Don't forget, YOU CARRY WHAT YOU PACK! It is helpful to bring an extra bag to camp for pre-trip and post-trip clothing. There will be a small storage space at camp for the extra bag and items you wish to leave behind. **Remember that it gets hot in South Dakota,** temperatures can reach 110°. It is more effective to appropriately layer clothing than to bring a lot of bulky clothes.

## ***Very Important Items***

- **Backpack, Duffel with wheels or Rolling Suitcase** – This is your preference. You must be able to carry all of your belongings through the airport and load them in and out of vehicles yourself.
- **Daypack** – Like a school backpack, it should be comfortable for hiking and be able to carry a water bottle, rain jacket and lunch.
- **Sleeping Bag** – Night temperatures can fluctuate. Must fit inside your backpack or suitcase.
- **Flat Sheet** – The sheet is essential to protect against flies on hot nights!
- **Sleeping Pad** – You will sleep on the floor or in a tent all summer and the ground in South Dakota is pretty hard.
- **Water Bottles (2)** – Nalgene or Sigg style (32 oz) is preferred. These are essential!

## *Clothing – Modest Dress is preferred on the Reservation*

- **Pants (2 prs.)** – 1 pair for work/paint use, 1 daily or dress use. Only 1 pr. Jeans.
- **Shorts (4prs.)** – No shorter than 5 inches above the knee. At least one pair should be long/athletic type. Shorts should be conservative looking, do not pack shorts or pants with words written across the back.
- **Long skirt (for girls)** – Some of the sacred ceremonies require girls to be dressed in skirts if they wanted to come within a certain distance of the ceremony. It is very hard to observe some of the rituals from far away.
- **T-shirts (7)** – Really, T-shirts. Shoulders should be covered on the reservation and shouldn't be too tight. There are cultural issues you will learn about on the reservation regarding style of dress.
- **Tank Tops (1-2)** – These are back up to the T-shirts. Everyone will need to dress conservatively on the reservation.
- **Long Sleeved Shirts (2)** – One should be synthetic (not cotton, fast drying, ex. fleece)
- **Sweat Pants and Sweatshirt (1pr.)**
- **Underwear (8prs.)**
- **Hats (1)** – Sun or baseball style hat.
- **Gloves (1pr.)** – One pair of work gloves with leather palms or other heavy-duty material.
- **Bras (3-4)**
- **Socks (8 prs.)** – 2 prs. should be synthetic hiking or wool socks.
- **Pajamas (1pr)**
- **Bathing suit (1)**
- **Waterproof Rain jacket or Shell with a Hood (1)**

## *Footwear*

- **Sturdy Sneakers (1pr.)** – Tough sneakers, lightweight trail shoes or hiking boots for everyday and for hiking.
- **Flip Flops (1pr.)** – For showering.

## *Miscellaneous*

- **Toiletries** – Bring enough for the whole trip.
- **Strong Sun Block** – SPF 30 or higher.
- **Pads/Tampons** – Female campers should bring them even if you think you will not need them.
- **Travel Towel and Washcloth** – bring a towel that will dry quickly.
- **Camera with extra batteries** – Film or digital is fine. Either way, charging spaces may not be available.
- **Memory (at least 1 GB) or Film (8-10 rolls)**
- **Watch!!** – It is really important to be on time.
- **Travel Alarm Clock** – You may be responsible for waking up the group during the trip. If your watch has an alarm, know how to use it.
- **Flashlight or Headlamp** – Compact with extra batteries. This will be your nightlight.
- **Large Plastic Trashbag (2)** – For dirty laundry and to keep things dry.
- **Ziplock Bags** – Both small and large for packing and to protect your things.
- **Bandanas (1-2)** – Good for everything.
- **Spare Eyeglasses** – Especially for contact wearers.
- **Personal Journal & Letter writing materials**
- **First Aid Kit** – Keep it small and fill it with items you may commonly need or use.
- **Phone Card** – Pay phone calls are the easiest way for participants to communicate with their families. There is often no cell coverage in the areas they are traveling in.
- **Bug Repellent**
- **Personal ID** – To cash traveler's checks.
- **Small writing pad (pocket sized) and pen**

## *Optional*

- **Books, Games or Cards** - for long waits and plane rides. You can bring an iPod but you are responsible for it. Charging may not always be available.
- **Games or Craft Supplies** – for running the Day Camp on the Reservation
- **Frisbee, hacky-sacks**
- **Anti-bacterial Hand Gel** – Lots of Outhouses!
- **Musical Instrument**
- **Songbooks and Sheet Music** – especially with guitar notations.
- **Favorite Recipe to make**
- **Stuff Sacks** – For keeping clothing organized.
- **Small Locks** – For luggage.
- **Sunglasses**
- **Inflatable or Compressible Travel Pillow**
- **Swiss Army Knife**
- **Sleepmask / Bandana & Earplugs** – Be prepared to sleep in close quarters with lots of people who might be snorers.

## *What Not to Bring*

- **Expensive/large jewelry or watches, valuable personal items, any sort of "bling", or anything you would be sad to lose or get really dirty.**