



Outdoor Leadership Experience Clothing and Equipment Recommendations

Any specialized equipment will be provided by group facilitators.

Please concentrate on personal items you think you might need in an active outdoor setting. It is not necessary for you to spend a great amount of money on outfitting yourself for this experience; whenever possible, we recommend borrowing – or buying second hand - any items you think you will need according to the suggestions below.

All clothing items you bring should be casual and functional for the outdoors. There will be very few activities that are totally indoors. Think through the environments in which you will be spending time as you pack:

- **Sleeping** – cabins with AC and heat; twin bunk beds; fully functioning restrooms and showers; shared space with potential snorers - plan accordingly
- **Cooking** – Main camp dining hall; campfire
- **Toilet** – fully functioning plumbing onsite-dining hall, cabins, meeting areas; out of camp-in the woods
- **Travel** – walking, hiking, camp vans, canoes
- **Special event area** – climbing structures, campfire circle, lakeshore, meeting rooms;
- **Insects** - there will be mosquitoes, chiggers, oak mites, flies, gnats, and hornets.
- **Weather** – whatever Mother Nature throws our way.

Remember, on any given day changes in temperature and wind may prompt clothing changes.

Note: We encourage you to check the weather and pack accordingly. Pay close attention to the weather forecast knowing you will be outdoors in the elements.

Clothing

1 sturdy pair of boots or good running shoes/sneakers for hike <i>*Note: Do not buy new hiking boots for OLE. Hiking boots need to be broken in prior to OLE to ensure comfortability.</i>	1 additional pair of tennis shoes for in-camp activities (and in case other pair gets wet)
3 pairs of socks (long athletic socks are recommended for hike; wool is best!)	2-3 pairs of pants-jeans, cotton casual, or sweatpants
2 long-sleeved shirts	1 lightweight/dri fit shirt
1 heavy sweatshirt or sweater	3 t-shirts
1 warm jacket	1 rain jacket or poncho
1 stocking hat/gloves	1 baseball hat/sun hat

Toiletries

1 bath towel (hang to dry between uses)	3 washcloths & 1 hand towel
Toiletry kit items: soap, toothbrush, toothpaste, shampoo/conditioner, hair products, shaving products, hairbrush/comb	Toilet paper (we recommend you bring 1 roll of toilet paper for the hike; cabin toilet paper is provided)
Hand sanitizer (for when hand washing isn't possible)	Antibacterial soap (provided in cabin)
Other personal necessities as needed	Hair dryer/Other hair devices

Bedding

The cabins are climate controlled, but no linens or pillows are provided.

Twin bunk beds provided but mattresses are fairly thin.

1 fitted, twin sheet & 1 top, twin sheet	1 sleeping bag (sleep in or use as extra padding)
1 pillow	1-2 additional blankets

Miscellaneous

**Items with an asterisk are required; all other items are highly encouraged but not required.*

1 flashlight (with extra batteries)*	1 headlamp (with extra batteries)
2 durable water bottles (1-2 liter capacity)*	1 pair of shower shoes
Insect repellent*	2-4 ziplock bags (sandwich/quart size)
Backpack (comfortable, fits you well)*	2 plastic trash bags
Phone charger*	Gloves (work type; to be used at climbing)
Pencil/Pen* We recommend a pack of colorful pens like flair pens, sharpies, etc. for journaling.	Sunglasses
Camp chair	Travel coffee mug
Cash (We tip the kitchen staff before leaving)	Tylenol/Ibuprofen, Antihistamine, etc.
Snacks/non-alcoholic drinks (Note: All snacks must be kept in an air-tight container such as a large plastic tub/bin to avoid critters in cabins. Alcohol is not allowed on site.)	Walking/hiking stick
Extension cord for cabin use	Earplugs (for snoring cabin mates)

The YMCA of the Ozarks Camp Lakewood is a family facility and alcohol is not permitted except by special permission.