



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear Coastal Camp 2017 Campers,

I am so excited to spend next week at the coast with your camper. We will be meeting at the YMCA on Tuesday to go over trip details and pack for our adventure. This week we will fly some kites, dig for clams, try catching some crabs, explore tide pools and just enjoy all that is the Oregon Coast. We will drive Up I-5 to Winston and then over to Coos Bay Area. The entire trip will be over seen by YMCA staff. We will be camping each night at Sunset Bay State Park. If your camper has any special medical conditions or food issues please contact Gary Taylor so that we can plan all meals and activities appropriately. I look forward to going coastal with your campers next week.

Please be at the YMCA Main Facility (522 West Sixth Street, Medford, OR 97501) on Tuesday July 11 at 8:00am, we will be returning to the YMCA on Friday July 14 at 5:00pm. Please make sure you pack all the items listed below, eat a complete breakfast before dropping off and pack a sack lunch for the first day. The YMCA will be providing all food (except lunch the first day), camping, and group equipment needed for this adventure. You will also need to bring a completed overnight camp health form which can be found on the website (www.rvymca.org).

Any questions or concerns contact to Gary Taylor, 541-210-6147 or gtaylor@rvymca.org.

Sincerely,
Gary "Flame" Taylor
Director of Fun

Rogue Valley Family YMCA

[522 West Sixth Street](#)

[Medford, OR 97501](#)

Office: 541-772-6295

Fax: 541-772-8427

www.rvymca.org

Packing List

This list is only a suggested list of the items that you will need, if you do not see something on this list and you think you need it make sure to pack it as well.

DON'T FORGET TO LABEL YOUR BELONGINGS!

Bedding: sleeping bag and pillow

Clothing:

2 pair of pants

3 pairs of shorts

Swimsuit (2 might be nice)

2 pairs of shoes –

Flip Flops or sandals and a closed toed pair

5 t-shirts

1 sweatshirt

5 pairs underpants and socks

1 pair of PJ's or something to sleep in bag for dirty clothes

Personal Items:

deodorant

lip balm

SUNSCREEN

bug repellent

toothbrush and toothpaste

2 towels

Other Items:

flashlight (fresh batteries)

water bottle

sunglasses

small backpack for day use

disposable camera

Lunch for the first day

Please pack in soft bags, no hard shell suitcases or bags, it makes it easier to pack everyone's stuff together.