

GEAR LIST

We ask you to arrive between 1pm and 3pm on Thursday of Spirit Camp.

Directions

<http://camphirock.org/directions/>

162 East Street
Mount Washington, MA 01258

You are in the mountains so be mindful. YMCA Camp Hi-Rock entrance is a left off East Street.

After a few miles a man will be waiting, STOP, stay in your car and a man will take your temperature and ask you to answer COVID related questions.

Please turn in your completed [YMCA Camp Hi-Rock Medical Release](#).

Once cleared you will be able to proceed. Directing you to where you will be sleeping.

Email me or call with any questions.

David Tall Heart O'Brien

Program Director

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347-843-3461

Gear List Weather Check

Check the local weather and adjust your needs before you come.

We will be gathering out of doors under tents and walking between buildings.

The camp is on top of a mountain with average

temperatures during the day in October of 60 degrees dropping down to the high 30's at night.

<https://weather.com/weather/tenday/1/Mount+Washington+MA?canonicalCityId=cdo297e69ec826d3733ecff15b0826f6e7d6f227cd5d5ca93fbbedbeb94ffd88>

What To Bring – What to Wear

- A Warm Jacket, Sweater, Warm Hat, Gloves and / or Rain Gear
- Long Pants – it is tick season
- A cushion for metal folding chair**
- Your own folding chair if you want
- Underwear, Long Underwear, Thick Socks and Comfortable Walking Shoes
- Comfortable clothing for creative movement / dance
- Sleeping Bag or Blanket/s, Pillow/s, etc. (A bunk & mattress provided)
- Earplugs
- Flashlight (head lamps work well)
- Toiletries
- Towels
- Yoga mat**

(No handheld electronic devices at our event)

- Your own drinking hot / cold container
- Walking stick – uneven terrain and trails
- Tent w Accessories for sleeping outside in designated areas
- Journals, writing instrument, clipboard
- Musical instruments – (drums, guitar, harmonica, rattles, flutes, etc.)
- Ritual Items for our altar
- Poetry, quotes, and writings you want to share (No electronic devices please) Print them out or bring a book.

What Not To Bring

- No weapons
- No alcohol
- No drugs
- No pets

What is Allowed

Medication (when prescribed and indicated on YMCA Medical Health form).