

May 5-7, 2023

GEAR LIST

Spirit Camp begins Friday May 5, 2023, at 3pm

Spirit Camp ends Sunday May 7, 2023, at 3pm

Directions

Registration Area: [Town Hall, Mt. Washington](#)

Arrive masked and stay in your car please.

- A man will ask to see proof of your negative Rapid Test.
- A man will take your temperature on your wrist.
- A man will give you your NEMA Rapid Test kit.
- A man will give you the YMCA Camp Hi-Rock Health Form to fill out.
- A man will ask to see proof of NEMA's Rapid Test.
- A man will collect your form and any money.
- A man will ask you proceed to Bear Rock Lodge.

<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. Please observe the posted speed limits. The road is not paved. There are rocks and dips so mind your undercarriage.

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.

The camp is on top of a mountain with average temperatures during the day in May of 67 degrees dropping down to the high 40'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
- Underwear, Long Underwear, Thick Socks, and Comfortable Walking Shoes
- Comfortable clothing for creative movement / round dance
- Sleeping Bag or Blanket/s, Pillow/s, etc. (A bunk & mattress provided)
- Earplugs
- Flashlight (head lamps work well)
- Toiletries
- Towels to bath and to take into the sweat lodge

(No handheld electronic devices at our event)

- Your own drinking hot / cold container
- 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: pictures, personal items
- 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).