

**May 5-7, 2023**

**GEAR LIST**

**Registration is Friday May 5, 2023, 10am – 2pm**  
**Late arrivals let David “Tall Heart” O’Brien know**  
**Tuesday May 3<sup>rd</sup>, 2023, at 347-843-3461**

Spirit Camp begins Friday May 5, 2023, at 3pm  
Spirit Camp ends Sunday May 7, 2023, at 3pm

Registration Area:

[Town Hall, Mt. Washington](#)

2 Plantain Road

Mt. Washington, MA



- A man will ask to see your **required** negative home Rapid Test taken earlier on Thursday (staff) or Friday (everyone else).
- A man will collect your completed [YMCA Camp Hi-Rock Health Form](#).
- A man will collect monies due.
- A man will ask you proceed to Bear Rock Lodge.

For directions [click here](#)

<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 by Tuesday May 3, 2023  
David Tall Heart O'Brien  
Program Director  
[northeastmensalliance@gmail.com](mailto:northeastmensalliance@gmail.com)

347-843-3461

Weather Check

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

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/l/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
- Swim trunks to wear in in 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
- No RV's or Campers

### What is Allowed

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