

May 3-5, 2023

GEAR LIST

Spirit Camp begins Friday May 3, 2024, at 5pm

Spirit Camp ends Sunday May 5, 2024, at 2pm

GPS

<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.

For Quidditch (below left) and Bear Rock Lodgers follow dirt road to the end past tennis courts on your right till you come to these buildings.



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Gear List 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 of 61 degrees dropping down to 30's at night.

<https://weather.com/weather/tenday/l/Mount+Washington+MA?canonicalCityId=cd0297e69ec826d3733ecff15b0826f6e7d6f227cd5d5ca93fbbedbeb94ffd88>

## 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)

