

Regional Camp Committee — Pysanyj Kamin  
**PERSONAL CAMPING GEAR**

**REQUIRED GEAR FOR ALL CAMPERS**

- Complete Plast uniform**
  - badges  whistle  beret
- Shoes for Plast uniform**
- Sneakers/running shoes; extra shoelaces**
- Underwear: enough for daily change**
- Warm pajamas/sweats: it's cold at night!**
- Socks: cotton, for daily change**
- Athletic apparel: for daily change**
- Long-sleeved shirt: 1 or 2, one of which should be "fleece"**
- Pants: 1-2 pairs, not including uniform pants; e.g., cargo or military pants, we advise against jeans (slow-drying, don't retain heat)**
- Windbreaker, sweater (wool)**
- Flashlight, spare batteries**
- Wristwatch (inexpensive)**
- MEDICATIONS necessary for camper: to be given to nurse on first day of camp**
- Backpack/duffel bag for all gear:**  
*Do not bring suitcases. Must fit under bed.*
- Sleeping bag**
- Laundry bag: fabric, not plastic**
- Toiletries/hygiene items: No electronics**
- Towel**
- Swimsuit: 1 or 2**
- Raincoat or poncho**
- Hat or cap for sun protection**
- Sandals or flip-flops (for showering)**
- Sunglasses**
- Insect repellent**
- Sunscreen**
- Small notebook and pencil**
- Water bottle at least 1 liter; e.g., Nalgene**

**REQUIRED FOR YUNATSVO; RECOMMENDED FOR NOVATSVO**

- Worn-in hiking shoes: Gore-Tex preferred; or waterproof with protectant such as SnowSeal**

**REQUIRED FOR YUNATSVO (primarily for 3-hiking trip; any specific gear required for this year's 3-day trip will be posted in a separate document once the trip plans are finalized)**

- Tent for camp:** Yunaky (older boys) sleep in tents they bring from home; it is recommended that 2 or more boys arrange to bring and share a tent; yunaky (older girls) may choose to either bring their own tent, or in one of the PK 'green army tents', which we will set up. If you would like to use one of PK's green army tents, you must notify Lesya Nirschl at [register4pk@gmail.com](mailto:register4pk@gmail.com) by June 1. Each PK tent has room for a maximum of 4 cots.
- Backpacking tent (2-3 person, for 3-day trip)**
- Sleeping bag; lightweight (for hiking), with stuff sack**
- Hiking backpack**
- Thin mattress (like a Thermarest)**
- Socks for hiking:**
  - Hiking socks: thick, wool – 2 pairs**
  - Sock liners: thinner, polyester – 2 pairs**
  - Army cot**
  - Compass: e.g., Silva brand or a military compass (Lensatic)**
  - Mess kit, cup, dish cloth, dish soap/Brillo: for hiking trip**
  - Camping knife: e.g., Swiss Army**
  - Extra shoelaces**
  - Sewing kit; learn to use it!**

**RECOMMENDED GEAR**

- Personal first aid kit**
- Balls, frisbees, baseball & bat, volleyball, etc.**
- Camping handbooks: «Пластовий Довідник», Boy Scout Handbook, etc.**
- Musical instruments**
- Shaving supplies: NOT electronic**
- Portable water filter / purifier**

**× × × × × × BANNED ITEMS × × × × × ×**

- \* **Cell phones**
- \* **Electronic equipment (blow dryers, etc.)**
- \* **Portable electronics (e.g., iPods, tablets)**
- \* **Make-up**
- \* participant may be removed from camp and sent home at parents' expense
- \*\* **Tobacco**
- \*\* **Illicit drugs**
- \*\* **Alcohol**
- \*\* **Explosives**
- \*\* participant **will** be removed from camp at parents' expense and the police **will** be contacted