




6-DAY MISTAYA (10-11Y): Horse Experience or Overnight Hike

Campers registered in the Horse option will participate in a full day horse experience.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:30AM					
Arrive at camp! Meet your counsellors and your co-campers 11am – 12pm	Horse Day! Pick-up crate lunch before going to the corrals 10am – 4pm	Arts and Crafts 10am – 11am	Sculpture Garden Exploration 10am – 11am	Theatre Games and Fort Building 10am – 11am	Parents arrive for pick-up/ride buses back to Calgary 10am – 12pm
		Pool 11am – 12pm	Children's Garden 11am – 12pm	Low Ropes Course 11am – 12pm	Thank you for coming to Camp Chief Hector YMCA!
LUNCH 12:30PM					
Name Games 1:30pm – 2pm Challenge Course 2pm – 3:30pm	Return from Horse Day	Flying Squirrel 2pm – 3pm	Climbing Tower 2pm – 3:30pm	Canoeing 2pm – 3:30pm	
Archery 3:30pm – 5pm		Shower Time 4pm – 5pm	Creative Programming, Games Court 3pm – 5pm	Fire Building and Campfire Cookout 3:30pm – 5pm	
SUPPER 5:30PM					
CAMPFIRE 7pm – 8pm	Freebie Activities and Animal Game 6:30pm – 8pm	Freebie Activities and Animal Game 6:30pm – 8pm	Freebie Activities and Animal Game 6:30pm – 8pm	Grand Council Bring a blanket! 7pm – 8:30pm	
APPRECIATIONS AND SNACK 8:00 – 8:30pm					

Campers registered in the Overnight Hike option will hike to a nearby campsite and spend one night camping out.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:30AM					
Arrive at camp! Meet your counsellors and your co-campers 11am – 12pm	Pool 10am – 11am	Climbing Tower 10am – 11am		Sculpture Garden Exploration 10am – 11am	Parents arrive for pick-up/ride buses back to Calgary
	Low Ropes Course 11am – 12pm	Fire Building and Campfire Cookout 11am – 12pm	Return from Overnight Campout and shower 11am – 12pm	Children's Garden 11am – 12pm	Thank you for coming to Camp Chief Hector YMCA!
LUNCH 12:30PM					
Name Games Site Tour Get-to-know-you Activities 2pm – 3:45pm	Arts and Crafts 2pm – 3:30pm	Fort Building 2pm – 3:30pm	Archery 2pm – 3:30pm	Challenge Course 2pm – 3:30pm	
Flying Squirrel 4-5pm	Games Court and Supplies 3:30pm – 5pm	Pack for Overnight - personal pack - group equipment 3:30pm – 5pm	Canoeing 3:30 – 5pm	Clean-up Tipi, pack-up extra belongings and check Lost and Found 3:30 – 5pm	
SUPPER 5:30PM					
CAMPFIRE 7pm – 8pm	Freebie Activities and Animal Game 6:30pm – 8pm	Overnight Campout (Tent) 6:30pm start	Freebie Activities and Animal Game 6:30pm – 8pm	Grand Council Bring a blanket! 7pm – 8:30pm	
APPRECIATIONS AND SNACK 8:00 – 8:30pm					



YMCA Calgary

Camp Chief Hector YMCA Summer Camp

Packing for camp as a 6-Day Mistaya – Bowfort Lodge or Hector Lodge

Our weather during the summer can range from hot, dry days to cold rain and even snow. Evenings are typically quite cool. We find that MEC (www.mec.ca) has quality and economical outdoor gear for children. The items on our packing list can be found at other stores as well.

CAMPERS MUST BRING:

- **Rain Jacket and Pants**
 - Look for a fully waterproof jacket & pant, with durable material
 - Rain pants are just as important as the jacket when we play outside in the rain
- **Daypack**
 - Look for a backpack with two straps that is used to carry necessities (water bottle, raingear, sweater, sunscreen, camera, etc). School bags are typically a good fit
- **Running Shoes and Sandals**
 - We do a lot of walking and hiking around camp! Sturdy foot wear is required
- **Warm Sleeping Bag**
 - A sleeping bag will be your camper's bedding throughout their stay at camp
 - The sleeping bag should be rated to between 0 and minus 7 Celsius
- **Please do not bring digital or electronic devices to camp** (cell phones, iPods or gaming devices). Campers and staff coming to Camp Chief Hector YMCA Summer Camp are making a choice to be in-the-moment with their group and with their surroundings. If your camper is found to have any of the following items at camp, we will keep them in a locked office until the end of the camp session. Jewellery, money and candy should also not be brought to camp.

Complete list of items to bring:

- Rain jacket and pants, day pack, running shoes and sandals, warm sleeping bag**
- Water Bottle
- 6-day supply of underwear and socks
- 2 pairs of long pants; 2 pairs of shorts
- 4 t-shirts; 2 long sleeved shirts
- 2 warm sweaters
- 1 pair pyjamas
- 1 bathing suit
- Hat that will keep the sun off the head, ears, and face
- Sunglasses, sunscreen, lip balm and insect repellent
- Pillow
- Blanket - extra warmth on chilly nights and for our closing ceremony
- 2 towels – one for showering and one for the pool/waterfront
- Laundry bag
- Rubber boots
- Flashlight or headlamp
- Bug net – OPTIONAL for campers in a tipi. A bug net can make sleeping more comfortable when the mosquitoes are out in abundance



YMCA Calgary

Camp Chief Hector YMCA

Summer Camp

- A labelled zip-lock bag for storing toiletries:
 - Toothbrush and toothpaste
 - Soap, shampoo and conditioner (small bottles are best)
 - Comb or brush
- Backpack – big enough to fit a sleeping bag, a change of clothes and some group equipment (**only required for Overnight Hike option**)
- Sleeping pad (**only required for Overnight Hike option**)
- Warm toque and mitts
- Camera – we recommend disposable – please write your camper’s name in permanent marker on the camera
- Books and word puzzles for bedtime and downtime
- Paper, addressed envelopes and stamps

Packing: A Rubbermaid type bin or a duffle or hockey bag work well for organizing clothes and keeping them dry and secure. Please ensure that you label everything your camper is bringing to camp.

Lost and Found

- Please consider keeping expensive valuables and other items that would be greatly missed at home. Camp Chief Hector YMCA is not responsible for lost, broken or stolen items
- We highly recommend labelling all of your child’s items
- Consider sending a list of packed items with your camper that they can double check as they pack to go home.

Camp Chief Hector YMCA is happy to keep, for 2 weeks following each session, labelled lost & found items such as backpacks, water bottles, pairs of shoes, quality clothing, and rain gear. Please contact us at 403-673-3858 ext 223 with a description of the lost item. We will contact you if it has been found. Items such as socks and toiletries will not be kept.

Other information available at our [website](#) including the following topics

Homesickness and preparing for camp	Safety and Risk Management
Camper Medical Information and Transportation at CampFax Family Zone (must be completed at least 2 weeks prior to your child’s camp start date)	Communicating with your camper

Please contact Aly Topping if you have any questions about 6-Day Mistaya camp programs or information listed here: atopping@calgary.ymca.ca or 403-673-3858 ext 300.

