

# 6-DAY PACKING LIST

APPLICABLE FOR THE FOLLOWING PROGRAMS:  
CHINIQUAY, MISTAYA 6 DAY, KANANASKIN 6 DAY

## CLOTHING

- Rain jacket
- Rain pants
- 6-day supply of underwear
- Extra underwear (just in case)
- 6-day supply of socks
- 2 pairs of long pants
- 2 pairs of shorts
- 5 T-shirts
- 1 or 2 long-sleeved shirts
- 2 warm sweaters (fleece or wool preferred)
- 1 pair base layer (top and bottom)
- 1 pair pajamas

## TOILETRIES

- Sunscreen (non-aerosol), sunglasses, lip balm with SPF, insect repellent
- Toothbrush and toothpaste
- Soap, shampoo, and conditioner (small bottles are best)
- Comb or brush
- Deodorant
- Menstrual supplies if needed
- Personal medications (please leave medications in their original packaging and pack them in a ziploc bag labelled with your camper's name to be signed in at check-in)

**Tip: a labeled zip lock bag works well for storing toiletries**

## GEAR

- Day pack (school backpacks work!)
- Two 1-litre water bottles
- Warm sleeping bag (rated 0oC to -7oC)
- Pillow
- Blanket (for extra warmth and comfort)
- Flashlight or headlamp with spare batteries
- Towel
- Sturdy shoes (running shoes or hiking boots)
- Sandals
- Rubber boots
- Sun hat/Cap
- Warm toque and gloves
- Backpack: large enough to fit sleeping bag and a few extra items of clothing and some group food or gear (campers will carry this to their overnight site)
- Sleeping pad (tipi or yurt option only)

## MISCELLANEOUS

### OPTIONAL ITEMS

- Books and word puzzles for bedtime or downtime
- Small stuffed animal
- Pre-addressed, pre-stamped envelopes, paper and pen
- Disposable Camera
- Journal/Diary and Pen/Pencil

## PLEASE LEAVE AT HOME

- Electronics (cell phones, iPads, gaming devices, etc.)
- Jewelry
- Candy or other food items
- Money
- Multi-tools
- Favourite toys/stuffed animals that would be greatly missed



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## TIPS & TRICKS

Duffle bags, hockey bags, or Rubbermaid bins are great for organizing clothes, and keeping them dry and secure in your cabin, tipi or yurt.

Label all items with name and last initial.

Play with your gear: get to know how to pack and adjust your backpack, find out if your rain jacket has secret pockets for lip balm, or see how fast you can stuff and compress your sleeping bag.

Please keep 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.

## WEATHER

Activities and expeditions are rain or shine. Summer weather can be hot, sunny, and dry OR cold, wet, and snowy.

Pack clothing items that can be layered for comfort in all weather.

## HIKING BOOTS

Essential for covering uneven or rough terrain on day hikes.

Break them in before coming to camp by wearing them for 5 or more days. Breaking boots in helps to prevent blisters.

## CHOOSING A PACK

Try packing your backpack at home to make sure your sleeping bag, sleeping pad, and clothing fit with room to spare for group gear and food.

Consider buying a pack your camper can grow into over several years.

## SYNTHETIC & WOOL

- ✓ Is better at wicking sweat
- ✓ Will dry faster
- ✓ Will stay warmer when wet

Cotton pulls heat from the body when wet and takes a long time to dry.

Quality gear is essential to your camper's comfort!

## NOT SURE WHERE TO START?

Mountain Equipment Co-op (MEC) has a wide selection of outdoor adventure specific clothing and gear that is affordable. Other places, including MEC and University of Calgary – Outdoor Centre also rent gear and can give you a good idea of what works best for you, your camper, and your budget. You can also borrow from friends/older siblings or have a look at thrift stores for wool or synthetic clothing.

Email us with questions... [cchy@calgary.ymca.ca](mailto:cchy@calgary.ymca.ca)

