

# WIT PACKING LIST

APPLICABLE FOR THE FOLLOWING PROGRAMS:  
WRANGLER IN TRAINING

## CLOTHING

- Rain jacket (durable and waterproof)
- Rain pants (durable and waterproof)
- 13-day supply of underwear (At least 2 Sports Bra if applicable)
- 13-day supply of socks
- \*\* include 2 pairs wool or synthetic hiking socks
- 3 pairs of long pants (2 pairs synthetic hiking or athletic pants)
- 2 pairs shorts
- 1 pair synthetic or athletic shorts
- 6 T-shirts
- 2 synthetic t-shirts
- 2 Long-sleeved shirts (synthetic or wool)
- 2 warm sweaters (Fleece or wool)
- Synthetic/down light jacket (Recommend for Pioneer age and above)
- 1 pair base layer (top and bottom)
- 2 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 bags are usually a good fit)
- Two 1-litre water bottles (no glass)
- Warm sleeping bag (rated 0o to -7oC)
- Pillow
- Blanket (for extra warmth)
- Headlamp with spare batteries
- Hiking Boot
- Towel
- Sturdy shoes (running shoes or hiking boots)
- Sandals
- Rubber boots
- Sun hat/Cap
- Warm toque and gloves
- Camp shoes (closed-toe – used around camp on expedition during set-up, cooking, etc.)
- Plastic bowl, cup, utensils

## HORSE SPECIFIC GEAR

- Riding Helmet - only if you already own one, no need to purchase as camp has helmets for campers
- Worn in jeans-- not stiff, but sturdy material pants for more comfortable riding
- Boots with a heel-- campers have access to rubber boots at camp if needed

## 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

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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.

Consider packing a camelback style water bottle in addition to your 1L water bottles for easier hydration on trip!

## 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

## 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)

## 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.

## 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!

