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) \[\subseteq 1 \text{ pair base layer (top and bottom)} \] \[\subseteq 2 \text{ pair pajamas} \]
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

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

GEAR
\square Day pack (school bags are usually a good fit)
\square Two 1-litre water bottles (no glass)
\square Warm sleeping bag (rated 0o to -7oC)
☐ Pillow
\square Blanket (for extra warmth)
\square Headlamp with spare batteries
\square Hiking Boot
☐ Towel
\square 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.)
\square Plastic bowl, cup, utensils
HORSE SPECIFIC GEAR
\square Riding Helmet - only if you already own one, no
need to purchase as camp has helmets for campers
\square Worn in jeans not stiff, but sturdy material
pants for more comfortable riding
\square Boots with a heel campers have access to
rubber boots at camp if needed

MISCELLANEOUS

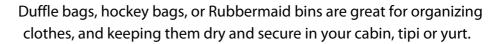
OPTIONAL ITEMS

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

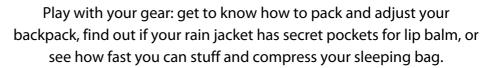


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Label all items with name and last initial.



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
- \square Candy or other food items
- \square 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

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!

