

# 13-DAY PACKING LIST

**APPLICABLE FOR THE FOLLOWING PROGRAMS:**

**MISTAYA, KANANASKIN (HIKE & CANOE),  
PIONEER (HIKE & CANOE) AND LIT**



## CLOTHING

- Rain jacket (Durable and waterproof)
- Rain pants (Durable and waterproof)
- Warm toque and gloves
- Sun hat or cap
- 2 warm sweaters (Fleece or wool)
  - Avoid cotton sweaters
- 3 Pairs of long pants (At least 2 pairs of synthetic hiking or athletic pants)
- 2 Pairs of shorts (At least 1 pair synthetic or athletic shorts)
- 6 T-shirts (At least 2 synthetic t-shirts)
- 2 Long-sleeved shirts (Synthetic or wool)
- 2 Base layer tops (Synthetic or wool)
- 2 Base layer bottoms (Synthetic or wool)
- 13-Day supply of underwear
  - (At least 2 sports bras if applicable)
- 13-Day supply of socks (At least 3 pairs of wool or synthetic hiking socks)
- 2 pairs of pajamas

### Optional:

- Synthetic/down light jacket (Recommend for Pioneer age and above)
- Bandana or neck tube
- Cotton Sweater (For use at camp only)

## TOILETRIES

- Sunscreen (non-aerosol), 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. Pack them in a plastic bag labelled with your camper's name to be signed in at check-in.*

**Email us with questions:  
camp@ymcocalgary.org  
SUMMER 2026**

## GEAR

- Day pack (School bags are usually a good fit)
- Two 1-litre water bottles (No glass)
- Pillow (To use in the yurts)
- Warm & compressible sleeping bag (rated 0 to -7)
- Sleeping bag compression sac
- Sleeping pad (Foam or inflatable)
- Headlamp with spare batteries
- Plastic bowl, cup, utensils (To use on expedition)
- Additional compression sac for clothing items
- Towel
- Sunglasses

### Optional:

- Inexpensive waterproof watch
  - not a smart watch
- Blanket (for extra warmth)
- Book and/or journal

## ONSITE FOOTWEAR

- Sturdy close toed camp shoes
  - running shoes or hiking boots

### Optional:

- Sandals (Strapped and sturdy)
- Rubber boots

## 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

# 13-DAY PACKING LIST

**APPLICABLE FOR THE FOLLOWING PROGRAMS:**

MISTAYA, KANANASKIN (HIKE & CANOE),  
PIONEER (HIKE & CANOE) AND LIT



## CANOE ONLY

### Footwear

- o River Shoes (Preferably old lightweight runners) (Absolutely no crocs)
- o Camp Shoes (closed toe – kept dry, used around camp during set up and cooking)

### Waterproof System (Max 70L+10L)

- o Option A: Durable dry bag(s) or barrel (preferred) (See the "How to choose a waterproof system" rubric)
- o Option B: Backpack with strong garbage heavy duty bags to line the inside (send at least 10 bags)

### Clothing

- 1 Swimsuit
- Light-colored, light cotton or polyester long-sleeved shirt and pants (To offer sun protection on the water)
- Optional:* ·Neoprene gloves and/or socks

## MISCELLANEOUS ITEMS

**THESE ITEMS ARE OPTIONAL**

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



## CHOOSING A WATERPROOF SYSTEM (Canoeing programs)

On a canoe trip, water is everywhere! Canoes can tip or get filled with water by waves or heavy rain. This is why choosing your camper's waterproof system can make a big difference in their overall comfort on expedition. Let's face it; nobody wants to get to their campsite with a wet sleeping bag and clothing!

In their waterproof system, campers are expected to be able to carry all their personal items. Including: sleeping bag, sleeping pad, clothing, toiletries, etc. We recommend having a small day bag (10L-20L) for quick access essentials (sunscreen, raingear) and a larger bag (35-60L) that will be stored in the middle of the boats. Camp will supply a waterproof system to store group items and food.

You have different options:

Dry bags:

- Most dry bags are roll tops, and some even come with backpack straps for ease of travel.
- With roll top drybags you are better to size up. To be waterproof, you need to be able to do at least 3 rolls with the top fabric.
- Make sure to choose a drybag made of sturdy durable material. Look for a dry bag that is PU coated. It will have a plastic feeling when you touch it. Dry bags without this coating are better suited to use inside of a bag and tend to get puncture when dragged in the boat.

Barrel:

- They come in two sizes: 30L and 60L
- You can choose to purchase a harness to make it easier to carry but since there is limited portaging, it is not necessary.
- Practice opening and closing the barrel with your camper.

*We strongly recommend staying away from large duffle bags as they are often more water resistant than waterproof.*

**Email us with questions:**  
**camp@ymcocalgary.org**  
**SUMMER 2026**

# 13-DAY PACKING LIST

APPLICABLE FOR THE FOLLOWING PROGRAMS:

MISTAYA, KANANASKIN (HIKE & CANOE),  
PIONEER (HIKE & CANOE) AND LIT



## HIKE ONLY

*LIT's & Mistaya 13 Day should follow this list*

### Footwear

- o 1 Pair hiking boots (Good ankle support, already worn in)
- o 1 Pair creek crossing shoes (Old lightweight runners or sturdy, strapped, closed-toed sandals)

### Backpack

- o Mistayas: 50L
- o Kananaskins: 60L
- o Pioneer: 70-80L

### Optional Gear

- o Hiking poles
- o Camelback style water bottle (Help to stay hydrated on the trail)
- o Bug Net Hat/Head Covering

## MISCELLANEOUS ITEMS

*THESE ITEMS ARE OPTIONAL*

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



**Email us with questions:**  
**camp@ymcacalgary.org**  
**SUMMER 2026**



## CHOOSING HIKING BOOTS (Hiking programs)

On expedition, campers will need sturdy boots to wear each day over uneven and rough terrain.

They should:

- Offer significant ankle support
- Be waterproof (with wax or by design)
- Be broken in before coming to camp. Which means they have been worn for at least 5 full days. This will allow the boot to form to their feet and will reduce the likelihood of blisters on the trail.

## CHOOSING A BACKPACK (Hiking programs)

Know that during both onsite and offsite trips, campers are required to carry their own sleeping bag, pad, and clothing, as well as a few items of group gear and food.

This is why; it is important to choose your campers backpack carefully:

- Follow the size guidelines given for each section
- Make sure the backpack has a chest and hip strap
- Make sure that the hip belt land on the iliac crest to be able to support the load appropriately

Once you have found the right pack, make sure that your camper can pack and adjust it themselves.

It is always best to test it before you go camping!

# 13-DAY PACKING LIST

**APPLICABLE FOR THE FOLLOWING PROGRAMS:**

MISTAYA, KANANASKIN (HIKE & CANOE),  
PIONEER (HIKE & CANOE) AND LIT



*Follow these tips below for success in getting your camper ready for camp!*

## **Packing for Camp**

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

*Make sure it's easy to carry as your camper's accommodation can be a bit of a walk from the parking area!*

o Label all items with name and last initial. This helps keep it out of the Lost & Found and back to your camper!

o 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. Wearing your hiking boots prior to arriving at camp is important.

o 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.

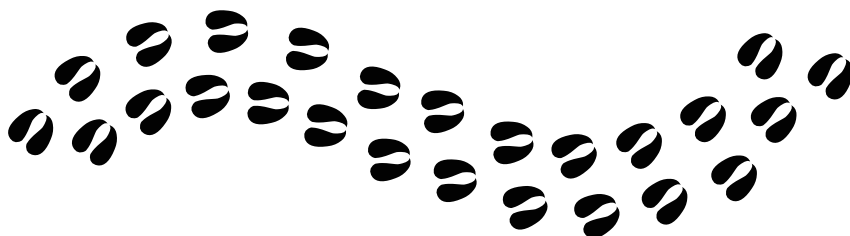
## **Why so many layers?**

The weather in the mountains is very unpredictable. It can be hot, sunny, and dry or cold, wet, and even snowy! All activities including expeditions will go on rain or shine. This is why, a well-planned multi-layer clothing system is needed for your camper to remain comfortable at all times. New to outdoor multi-layer clothing?

Start [here](#) for great advice!

## **Why Synthetic & Wool?**

Cotton pulls heat from the body when wet and takes a long time to dry. It can be a great tool to cool oneself during a hot sunny day in a canoe. However, for most clothing layers it's better to rely on synthetic and wool fabric that are better at wicking sweat, dry faster, and are warmer even when wet.



# 13-DAY PACKING LIST

**APPLICABLE FOR THE FOLLOWING PROGRAMS:**

MISTAYA, KANANASKIN (HIKE & CANOE),  
PIONEER (HIKE & CANOE) AND LIT



*Follow these tips below for success in getting your camper ready for camp!*

## **Footwear at Camp**

Campers having proper footwear is central to our risk management.

Onsite, many activities require walking or running on uneven ground, climbing and other physically demanding movements. This is why we asked that every camper come with at least one pair of close toed shoes. If you choose to also send sandals, we prefer that they are strapped and sturdy. (preferably not crocs)

## **Footwear on Canoe Trips**

When paddling on rivers, you must always be ready to the eventuality of a boat tipping or the need to quickly jump off the boat to the shore. This is why good footwear is essential. We strongly recommend an old pair of runners. (Absolutely no crocs)

When on off-site expeditions, campers will have to cook their meals on stoves or on a firepit. For safety reasons, all cooking must be done wearing close toed shoes. Therefore, one pair of shoes sent on an expedition need to be close toed.

## **Are Crocs Closed Toed Shoes?**

They are not! While we appreciated how much people tend to love their crocs, we do not consider them a suitable shoe to paddle whitewater, cook around a stove, ride a horse, climb higher ground or run around camp. If brought to camp, their use will be very limited.

*Not sure where to start?*



### ***For clothing:***

Check out The Great Outdoors: Junior Outfitters in Calgary, AB! They are a local store that helps parents pick out the clothes they need.

### ***For clothing and gear:***

We have partnered with MEC Calgary to offer a discount night for all CCHY participants! Camp staff will be there to help you select the clothes and gear you need for your camper's success this summer.

**June 10th 4 pm - close 15% off !**