

# 6-DAY PACKING LIST

**APPLICABLE FOR THE FOLLOWING PROGRAMS:**

**JUNIORS, MISTAYA 6 DAY,  
KANANASKIN 6 DAY, PIONEER 6 DAY**



## 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
- 2 Pairs of long pants
- 2 Pairs of shorts
- 4 T-shirts
- 1-2 Long-sleeved shirts
- 1 Base layer top (Synthetic or wool)
- 1 Base layer bottoms (Synthetic or wool)
- 6-Day supply of underwear
  - (At least 1 sports bra if applicable)
- 6-Day supply of socks
- 2 pairs of pajamas

### Optional:

- Synthetic/down light jacket
- 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@ymcacalgary.org  
SUMMER 2026**

## GEAR

- Day pack (School bags are usually a good fit)
- Two 1-litre water bottles (No glass)
- Overnight backpack (large enough to fit sleeping bag, a few clothing items, and some group gear items).
- Pillow (To use in the yurts)
- Warm & compressible sleeping bag (rated 0 to -7)
- Sleeping pad (Foam or inflatable)
- Flashlight or Headlamp with spare batteries
- Plastic bowl, cup, utensils (To use on onsite overnight)
- Towel
- Sunglasses

### Optional:

- Inexpensive waterproof watch
  - not a smart watch
- Blanket (for extra warmth)
- Book and/or journal
- Books and word puzzles for downtime
- Small stuffed animal
- Pre-addressed, pre-stamped envelopes, paper and pen
- Disposable Camera

## 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

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*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.
- 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.

## Weather

- o Activities and expeditions are rain or shine.
- o Summer weather can be hot, sunny, and dry OR cold, wet, and snowy.
- o Pack clothing items that can be layered for comfort in all weather.

## Why Synthetic & Wool?

This material is better at wicking sweat and will dry faster. It also stays warmer when it is wet, keeping your camper comfortable in any weather!

### **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.

*Not sure where to start?*



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