



SUMMER CAMP - CHINIQUAY PACKING LIST

ALL CAMPERS - each camper should have the following items with them, plus the additional items that are specific for their overnight campout

CLOTHING

- Rain jacket**
- Rain pants**
- 6-day supply of underwear
- 6-day supply of socks
- 2 pairs of long pants
- 2 pairs of shorts
- 3 t-shirts
- 2 long sleeve shirts
- 2 warm sweaters (fleece preferred)
- 1 pair pajamas
- 1 bathing suit

GEAR

- Day pack (school bags are usually a good fit)**
- 1-litre water bottle**
- Warm sleeping bag** (rated 0° to -7°C)
- Pillow and blanket (for extra warmth and for closing ceremony)
- Laundry bag
- 2 towels (one for showers, one for swimming)
- Running shoes**
- Rubber boots**
- Sandals
- Sun hat
- Flashlight or headlamp
- Warm toque and mitts

TOILETRIES

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

- Sunscreen, sunglasses, lip balm, insect repellent
- Toothbrush and toothpaste
- Soap, shampoo, and conditioner (small bottles are best)
- Comb or brush
- Deodorant

Bolded items are essential for camp success – make sure that these are good quality and that your camper(s) know where to find them in their bags

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 Spirit West/Outdoor Approach, MEC and U of C, also rent gear and can give you a good idea of what works best for you and your camper.

Weather: Campers participate in activities and outtrips in a variety of weather – Summer can range from hot, sunny, and dry to cold, wet or even snowy weather.

Tip: packing clothing items that can be layered is a great way to keep your camper happy and in both hot and cool weather.

Don't forget to check out the next page for what your camper needs for their specific program option!

OPTIONAL:

- Camera (disposable recommended)
- Bug net (for tipis)
- Books and word puzzles for bedtime or downtime

PLEASE LEAVE AT HOME:

- Electronics (cell phones, iPods, Tablets, E-Readers*, gaming devices, etc.) *E-Readers are permitted with wifi/internet options turned off. Camp is not responsible for lost, damaged or stolen items.
- Jewelry
- Candy or other food items
- Money
- Multi-tool and Swiss Army Knives**Permitted for Kananaskin, Pioneer & Leadership campers.



Overnight Specific - in addition to what is listed page one, please include the items listed for your campers age group	
7-8Y (Cabin Groups)	8/9Y (Tipi and Yurt Groups)
<input type="checkbox"/> Backpack – roomy enough to fit sleeping bag and a few extra items of clothing to carry to overnight site	<input type="checkbox"/> Backpack – roomy enough to fit sleeping bag, a few extra items of clothing to overnight site <input type="checkbox"/> Sleeping pad
Overnight Campout <input checked="" type="checkbox"/> These first night-out experiences don't require any special equipment, other than a sleeping pad if they are in a tipi or yurt group. <input checked="" type="checkbox"/> Cabin groups take their sleeping bag and extra clothes to a nearby tipi site for the night <input checked="" type="checkbox"/> Tipi and Yurt groups take their sleeping bag, extra clothes, and sleeping pad to a nearby tent site <input checked="" type="checkbox"/> All groups bring radios and sites are checked nightly <input checked="" type="checkbox"/> In the case of bad weather, groups may be moved closer to the lodge, or stay in their tents on covered porches	

TIPS and TRICKS!	LOST AND FOUND
<input checked="" type="checkbox"/> Plastic bins or hockey bags are great for organizing clothes and keeping them dry and secure in the tipi <input checked="" type="checkbox"/> Label all items with name and last initial <input checked="" type="checkbox"/> Campers love mailing notes home! Send your camper with envelopes that are self-addressed with stamps and paper <input checked="" type="checkbox"/> Play with your gear before arriving to camp! This is a great way to make sure things fit and that campers know how to use everything – this will make them feel more comfortable when they arrive at camp and when they go on their overnight trip	<input checked="" type="checkbox"/> Brand new clothes are often the items that campers leave behind – send clothes that they have worn many times so they recognize them in the lost & found <input checked="" type="checkbox"/> Please consider keeping expensive valuables and other items that would be greatly missed at home. Camp Chief Hector YMCA is not responsible for lost, damaged or stolen items <input checked="" type="checkbox"/> Send a list of all items packed so your camper can double check the list as they pack to go home <input checked="" type="checkbox"/> Lost and Found will be kept until September – there are 2 days of Lost and Found viewing when you can come look for your child's items at Camp Sundays: September 10 & 17 from 2-4PM

Other information available on our website

- Homesickness and Preparing for Camp
- Safety and Risk Management
- Communicating with Your Camper
- Camper Medical Information (including medications) and Transportation at CampFax Family Zone*

*Your camper's details must be entered into Family Zone at least 2 weeks before your child starts camp

More questions?

Please contact Vanessa Townsend or Anja Vreeker if you have questions about these programs or what to pack.

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