



SUMMER CAMP – KOSKA DAY CAMP PACKING LIST

ACTIVITIES

The natural world and friendships are the central focus for our camp experiences. Campers receive hands-on, active supervision. Campers are put into groups of 6-9; groups are led by at least one trained counsellor. See the example schedule below to view a full example of a week at Day Camp.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	WELCOME DAY	EXPLORER DAY	SUPERHERO DAY	SURVIVAL DAY	FAVOURITE ANIMAL
8:45-9am	SIGN IN	SIGN IN	SIGN IN	SIGN IN	SIGN IN
9-10am	Welcome Talk Site Tour Name Games	Theatre Games	Inuit Blanket Toss	Fort Building	Challenge Course
10-11am	Initiatives Full Value Contract	Voyageur Canoeing	Swimming at the Pool	Fire Building and Bannock Making	Climbing Wall
11-12pm	Arts and Crafts		Atlatl Throwing	Tandem Canoeing	
12-1pm	Lunch in the Old Lodge or at the shady fire pit area				
1-2pm	Chuck the Chicken and Relay Races	Old Mill Exploration and Natural Teeter Totter Hike	Pony Petting	Archery	Animal Game
2-3:30pm	Jungle Rock		Children's Garden visit	Arts and Crafts	
3:30-4pm	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
4pm	SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT

LUNCHESES and SNACKS

Day Camp campers are required to bring their own lunches and two nutritious snacks. Campers will be participating in a number of high energy activities each day, and a full, well balanced lunch is ideal to keep them satisfied. Camp Chief Hector YMCA is nut aware. Please do not send food that contains nut products.

PACKING FOR DAY CAMP AT CAMP CHIEF HECTOR YMCA

Our weather during the summer can range from hot, dry days to cold rain and even snow. We find that MEC (www.mec.ca) has quality and economical outdoor gear for children. The items on our packing list can be found at other stores as well.

WHAT TO BRING (campers MUST bring the **bolded** items):

- Rain jacket**
- Rain pants** – rain pants are just as important as the jacket when we play outside in the rain
- Day pack** - School Bags are typically a good fit
- Running shoes**
- Water Bottle**
- A warm sweater or sweatshirt
- Hat that keeps the sun off the head, ears and face
- Insect Repellent
- Sunscreen and lip balm



CAMPERS MUST BRING:

- **Rain Jacket and Pants**
 - Look for a fully waterproof jacket & pant, with durable material
 - Rain pants are just as important as the jacket when we play outside in the rain
- **Daypack**
 - Look for a backpack with two straps that is used to carry necessities (water bottle, raingear, sweater, sunscreen, camera, etc.) School bags are typically a good fit
- **Running Shoes and Sandals**
 - We do a lot of walking and hiking around camp! Sturdy foot wear is required

Please do not bring digital or electronic devices to camp (cell phones, iPods, gaming devices, fidget spinners). Campers and staff coming to Camp Chief Hector YMCA Summer Camp are making a choice to be in-the-moment with their group and with their surroundings. If your camper is found to have any of the following items at camp, we will keep them in a locked office until the end of the day.

LOST AND FOUND

- ✓ 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
- ✓ 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

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

TRANSPORTATION

Bus service*

For the safety of your child, campers will only be released to the people you have indicated on your forms. All adults picking up campers must show phot ID each day. In order to change the person who will be picking up your child, you must speak to the Day Camp Supervisor in person or leave a message at their camp extension 403-673-3858 ext 205. All campers must be met by an adult at the bus stop.

Personal vehicle*

When dropping off and picking up your campers, follow the map and directions below. You will arrive at the Bowfort Lodge parking lot where a Day Camp staff member will greet you to sign your camper in. Supervision is provided during drop off and pick up times. Staff will be available on site at camp from 8:45 in the morning and until 4:15 in the afternoon. You must show ID each day to pick up your camper.

*We have tried a variety of different sign in/out methods over the past few summers to address the needs of our community. Camp Chief Hector sign in/out procedures are in line with YMCA Calgary day camp programs and as such, we will not release a camper unless photo ID is shown to our staff.



DIRECTIONS

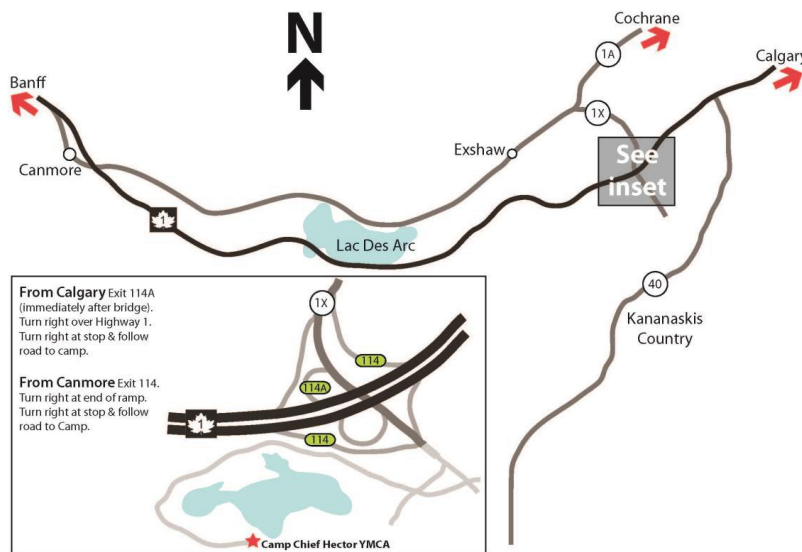
Note: Google maps often, incorrectly, shows Camp at the Exshaw Post Office (where our mail is delivered). Our site is located 8km west of the intersection of Highway 1 and Highway 1X. Following the directions below will ensure your trip to camp is smooth and direct.

From Calgary

Travel west on Highway 1 (Trans-Canada Hwy.) approximately 75 km from Calgary city limits. Exit onto Highway 1X South (Rocky Mountain YMCA exit number 114A). This is a dual exit; 114A is the second one. The road takes you across the highway to a STOP sign at a “T” intersection. Turn right and follow the road to the camp gate. From the camp gate follow **YMCA Road** to Bowfort Lodge and Bowfort parking lot. Hector Lodge and parking is 2km further along the road.

From Canmore

Travel east on Highway 1 (Trans-Canada Hwy.) approximately 25 km from Canmore. Take the Rocky Mountain YMCA exit. The exit is clearly marked with a green highway sign to your right. The road takes you to a STOP sign at a “T” intersection. Turn right and follow the road to the camp gate. From the camp gate follow **YMCA Road** to Bowfort Lodge and Bowfort parking lot. Hector Lodge and parking is 2km further along the road.



Other information available at our website including the following topics

Camper Medical Information and Transportation at CampFax Family Zone
(must be completed at least 2 weeks prior to your child’s camp start date)

Safety and Risk Management

Please contact Vanessa Townsend if you have any questions about our Day Camp program or information listed here: vanessa.townsend@calgary.ymca.ca or 403-673-3858 ext. 301.