



SUMMER CAMP - LEADERS IN TRAINING (MAIN-SITE) PACKING LIST

ALL PARTICIPANTS - each participant should have the following items with them, plus the additional items that are section specific in the next chart (based on duration and trips)

CLOTHING

- Rain jacket** (durable, 100% waterproof)
- Rain pants** (durable, 100% waterproof)
- Pants, shorts, shirts (short and long sleeved), pajamas, sweaters, base layer, underwear, socks, bathing suit – all camp clothing must be appropriate (no alcohol branding, offensive slogans, or revealing)
- Warm jacket

GEAR; FOOTWEAR

- Day pack** (school bags are usually a good fit)
- 2 1-litre water bottles** (consider a camelback style in addition to a single water bottle)
- Warm sleeping bag** (rated 0° to -7C°) (synthetic preferred)
- Sleeping bag compression sac** (will compress the sleeping bag so it takes up less space)
- Pillow and blanket (for extra warmth and for closing ceremony)
- Laundry bag and soap
- 2 towels (one for showers, one for swimming)
- Headlamp (and extra set of batteries)
- Warm toque and mitts
- Lighter and/or matches
- Running shoes
- Hiking boots
- Sandals
- Rubber boots

OTHER

- Sunscreen, lip balm, insect repellent
- Toiletries
- Personal medications
- Sunglasses and sun hat
- Pens, pencils, notepad/paper

Tips:

- ✓ Have at least 1 light coloured long sleeve shirt for sun protection
- ✓ Look for clothing that is synthetic or wool
- ✓ Fleece sweaters and pants are two keys to cold, wet weather success
- ✓ Wool socks are vital for foot happiness
- ✓ Clothing items that can be layered is a great way to keep happy and in both hot and cool weather
- ✓ Look into quality wet-weather footwear and make sure that all footwear is comfortable for both running and walking
- ✓ A labeled zip lock bag or small plastic bin works well for storing toiletries
- ✓ A large plastic bin is a convenient way to store your belongings in the tipi
- ✓ Label everything!

Bolded items are essential for camp success – make sure that these are good quality to ensure your comfort and safety in all kinds of weather. Summer can range from hot, sunny, and dry to cold, wet or even snowy weather.

Why SYNTHETIC or WOOL?

Quality trip clothing is essential, synthetic and wool items are better wicking, dry faster, or stay warm when wet. Consider a full set (pants, shirt, sweater, socks) to wear each day on trip, PLUS a second set that will stay dry in campers' packs. Cotton clothing, however, pulls heat from your body when wet, takes longer to dry so is not acceptable as out-trip clothing.



SECTION and TRIP SPECIFIC please also bring the items listed in the boxes for the section you are working in, and the type of trips you will be leading

RESOURCE, BOWFORT & YAMNUSKA	MISTAYA & KANANASKINS	PIONEER AND LEADERSHIP
<input type="checkbox"/> Sleeping pad <input type="checkbox"/> Camping plate/bowl/cup/utensils (recommended) <input type="checkbox"/> <i>Multi-tool (optional)</i>	<input type="checkbox"/> Sleeping pad <input type="checkbox"/> Compression sac for clothing <input type="checkbox"/> Camping plate/bowl/cup/utensils <input type="checkbox"/> Camp shoes (closed toe – used around the cook-site) <input type="checkbox"/> <i>Multi-tool with can-opener (optional)</i>	<input type="checkbox"/> Sleeping pad <input type="checkbox"/> Compression sac for clothing <input type="checkbox"/> Camping plate/bowl/cup/utensils <input type="checkbox"/> Camp shoes (closed toe – used around the cook-site) <input type="checkbox"/> <i>Multi-tool with can-opener (optional)</i>
HIKE GEAR	<input type="checkbox"/> Hiking Boots <input type="checkbox"/> Hiking pack (60-80L) <input type="checkbox"/> <i>Hiking poles (optional)</i> <input type="checkbox"/> <i>Gaiters (optional)</i>	<input type="checkbox"/> Hiking Boots <input type="checkbox"/> Hiking pack (75-90L) <input type="checkbox"/> <i>Hiking poles (optional)</i> <input type="checkbox"/> <i>Gaiters (optional)</i>
CANOE GEAR	<input type="checkbox"/> Dry bag(s) or canoe barrel – 10-15L + 30-60L <input type="checkbox"/> River shoes <input type="checkbox"/> <i>PFD (optional)</i> <input type="checkbox"/> <i>Paddle (optional)</i>	<input type="checkbox"/> Dry bag(s) or canoe barrel – 10-15L + 30-60L <input type="checkbox"/> River shoes <input type="checkbox"/> <i>PFD (optional)</i> <input type="checkbox"/> <i>Paddle (optional)</i> <input type="checkbox"/> <i>Wetsuit, neoprene gloves and socks (optional)</i>
HORSE FOCUS GEAR	<input type="checkbox"/> Durable pants (jeans are okay) <input type="checkbox"/> Riding/hiking/rain boots with a ½” heel	<input type="checkbox"/> Durable pants (jeans are okay) <input type="checkbox"/> Riding/hiking/rain boots with a ½” heel

OPTIONAL:	PLEASE BE AWARE
<input type="checkbox"/> Camera <input type="checkbox"/> Bug net (for tipis) <input type="checkbox"/> Single fitted sheet <input type="checkbox"/> Books and word puzzles for bedtime or downtime	<input checked="" type="checkbox"/> Participants are expected not to have electronics (cell phones, iPods, gaming devices, etc.) during their work time <input checked="" type="checkbox"/> Consider keeping 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 (such as jewelry, money, etc.) <input checked="" type="checkbox"/> Food is not permitted in the accommodations (a car is the best place)
<p>“There is no wifi here, but you will find a better connection” (we do actually have wifi, but let’s leave that strictly for time off and focus on being together)</p>	

Please contact Vanessa Townsend or Anja Vreeker if you have questions about the LIT Program or what to pack.

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