



SUMMER CAMP - MISTAYA PACKING LIST

ALL CAMPERS - each camper should have the following items with them, plus the additional items that are specific to their program option (chart below)

CLOTHING

- Rain jacket**
- Rain pants**
- 13-day supply of underwear
- 13-day supply of socks
- 4 pairs of long pants
- 4 pairs of shorts
- 6 t-shirts
- 3 long sleeve shirts
- 2 warm sweaters (fleece or wool)
- 1 pair base layer (top and bottoms)
- 1 pair pajamas
- 1 bathing suit

GEAR

- Day pack (school bags are usually a good fit)**
- 1-litre water bottle** (or 2)
- Warm sleeping bag** (rated 0° to -7°C)
- 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
- 2 towels (one for showers, one for swimming)
- Sturdy shoes (running shoes or hiking boots)**
- Sandals**
- Rubber boots**
- 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.



PROGRAM OPTION SPECIFIC - in addition to what is listed page one, please include the items listed for your campers chosen option

HIKE:	MOUNTAIN BIKING:	TRIP TO GRAY JAY:
<input type="checkbox"/> Hiking Pack (~50L)* <input type="checkbox"/> Sleeping pad <input type="checkbox"/> Plastic plate, cup, utensils <input type="checkbox"/> 2 strong garbage bags (to line bags to keep belongings dry!) <input type="checkbox"/> Hiking Boots**	<input type="checkbox"/> Hiking Pack (~50L)* <input type="checkbox"/> Sleeping pad <input type="checkbox"/> Plastic plate, cup, utensils <input type="checkbox"/> 2 strong garbage bags (to line bags to keep dry!) <input type="checkbox"/> Hiking Boots** <input type="checkbox"/> OPTIONAL: biking gear (CSA approved helmet, their own bike, gloves, wind breaker etc.)	<input type="checkbox"/> Hiking Boots** (recommended)

***HOW TO PICK THE RIGHT PACK**

- ✓ Dry Bag and Backpack sizes listed here are only a starting point: try testing it out at home: Campers are **required to carry their own sleeping bag, pad, and clothing, as well as a few items of group gear**
- ✓ **Ensure that the pack fits your camper** – things to consider are the height, the waist strap, and how adjustable all the straps are.
- ✓ The ideal pack weighs about 40% of your weight – and with the right fit, that weight will land on the hips
- ✓ Check that your camper is able to pack and adjust the backpack themselves – it will be useful when they arrive to camp and for future trips
- ✓ For canoe trips **DRY BAGS** are a great alternative to a regular pack. They come in a variety of sizes and styles – fold top dry bags are easy to use and much more affordable than backpack styles. A good idea might be to have 2 dry bags, one small (10-15L) to store essential day items (like rain gear, a snack, sunscreen, etc.) and a larger pack to keep clothing and sleeping gear dry. Again, testing and creating a packing system at home is a helpful way to both make sure that bags are the right size, and that your camper knows how to use everything ☺

****HIKING BOOTS**

- ✓ Campers will need sturdy boots to wear each day over uneven and rough terrain on the out-trip.
- ✓ Boots should be broken in before coming to camp, which you can do by wearing for 5 or more days prior to coming to camp. Doing this will allow the boots to form to their feet and blisters will be less likely.



FOR PARENTS AND GUARDIANS

TIPS and TRICKS!	LOST AND FOUND
<ul style="list-style-type: none"> ✓ Plastic bins or hockey bags are great for organizing clothes and keeping them dry and secure in the tipi ✓ Label all items with name and last initial ✓ Campers love mailing notes home! Send your camper with envelopes that are self-addressed with stamps and paper ✓ 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 	<ul style="list-style-type: none"> ✓ 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 ✓ Send a list of all items packed so your camper can double check the list as they pack to go home ✓ 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.

Vanessa.Townsend@calgary.ymca.ca
Summer Camp Director
403-678-3858 ext. 301

Anja.Vreeker@calgary.ymca.ca
Summer Camp Program Director
403-678-3858 ext. 300