



SUMMER CAMP - YAMNUSKA 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)

<p>CLOTHING</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rain jacket <input type="checkbox"/> Rain pants <input type="checkbox"/> 6-day supply of underwear <input type="checkbox"/> 6-day supply of socks <input type="checkbox"/> 2 pairs of long pants <input type="checkbox"/> 2 pairs of shorts <input type="checkbox"/> 3 t-shirts <input type="checkbox"/> 1 or 2 long sleeve shirts <input type="checkbox"/> 2 warm sweaters (fleece or wool) <input type="checkbox"/> 1 pair base layer (top and bottoms) <input type="checkbox"/> 1 pair pajamas <input type="checkbox"/> 1 bathing suit <p>GEAR</p> <ul style="list-style-type: none"> <input type="checkbox"/> Day pack (school bags are usually a good fit) <input type="checkbox"/> 1-litre water bottle (or 2) <input type="checkbox"/> Warm sleeping bag (rated 0° to -7°C) <input type="checkbox"/> Sleeping bag compression sac (will compress the sleeping bag so it takes up less space) <input type="checkbox"/> Pillow and blanket (for extra warmth and for closing ceremony) <input type="checkbox"/> Laundry bag <input type="checkbox"/> 2 towels (one for showers, one for swimming) <input type="checkbox"/> Sturdy shoes (running shoes or hiking boots) <input type="checkbox"/> Sandals <input type="checkbox"/> Rubber boots <input type="checkbox"/> Sun hat <input type="checkbox"/> Flashlight or headlamp <input type="checkbox"/> Warm toque and mitts 	<p>TOILETRIES</p> <p><i>Tip:</i> a labeled zip lock bag works well for storing toiletries</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sunscreen, sunglasses, lip balm, insect repellent <input type="checkbox"/> Toothbrush and toothpaste <input type="checkbox"/> Soap, shampoo, and conditioner (small bottles are best) <input type="checkbox"/> Comb or brush <input type="checkbox"/> Deodorant <p>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</p> <p>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.</p> <p>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.</p> <p><i>Tip:</i> packing clothing items that can be layered is a great way to keep your camper happy and in both hot and cool weather</p> <p>Don't forget to check out the next page for what your camper needs for their specific program option!</p>
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AGE SPECIFIC GEAR - in addition to what is listed page one, please include the items listed for your camper's age group

10-11Y OVERNIGHT HIKE:

- Backpack – roomy enough to fit sleeping bag and a few extra items of clothing to carry to overnight site
- Sleeping pad
- Plastic plate, cup, utensils
- Hiking Boots** (recommended)

12-13Y OVERNIGHT HIKE:

- Backpack – roomy enough to fit sleeping bag, a few extra items of clothing, and some group food or gear to overnight site
- Sleeping pad
- Plastic plate, cup, utensils
- Hiking Boots** (recommended)

***HOW TO PICK THE RIGHT PACK**

- ✓ Try testing it out at home
- ✓ **Ensure that the pack fits your camper** and their belongings

****HIKING BOOTS**

- ✓ Campers will need sturdy boots to wear each day over uneven and rough terrain on site and during their day hikes.
- ✓ Boots should be broken in before coming to camp, which you can do by wearing them 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.

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.



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 before arriving to camp! This is a great way to make sure things fit, campers know how to use everything which will make them feel more comfortable when they arrive and go on their overnight trip 	<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

Questions?

Please contact Anja Vreeker or our registration office if you have questions about these programs or what to pack.

Anja.Vreeker@calgary.ymca.ca
Summer Camp Program Director
403-673-3858 ext. 300

Registration Office
cchy@ymcacalgary.org
403-269-6156 or 1-866-430-9622