



LEADERS IN TRAINING (MAIN-SITE) PACKING LIST

ALL PARTICIPANTS - Should have the following items with them, plus the additional items that are section specific in the next chart (based on duration and trips). **NOTE: Bolded and italicized items are essential for personal success** – Please ensure that these items are good quality for personal comfort and care. Numbers are based on one 14-day session – you may need to adjust amounts.

CLOTHING	GEAR	TOILETRIES
<input type="checkbox"/> Rain jacket (durable, 100% waterproof) <input type="checkbox"/> Rain pants (durable, 100% waterproof) <input type="checkbox"/> 13-day supply of underwear <input type="checkbox"/> 13-day supply of socks (<i>wool preferred for out-trips</i>) <input type="checkbox"/> 4 pairs of long pants (<i>some synthetic preferred</i>) <input type="checkbox"/> 4 pairs of shorts <input type="checkbox"/> 7 T-shirts (<i>some synthetic preferred</i>) <input type="checkbox"/> 3 long-sleeved shirts (<i>1 must be synthetic or wool</i>) <input type="checkbox"/> 2 warm sweaters (fleece or wool) <input type="checkbox"/> 2 pairs of base layer (top and bottoms) (<i>synthetic</i>) <input type="checkbox"/> 3 pairs of pajamas <input type="checkbox"/> 1 Swim suit <input type="checkbox"/> Warm jacket	<input type="checkbox"/> Day pack (school bags are usually a good fit) <input type="checkbox"/> 2 1-litre water bottles (consider a camelback style in addition to a single water bottle) <input type="checkbox"/> Warm sleeping bag (rated 0° to -7°C synthetic preferred) <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 and soap <input type="checkbox"/> 2 towels (one for showers, one for swimming) <input type="checkbox"/> Headlamp (and extra set of batteries) <input type="checkbox"/> Warm toque and mitts <input type="checkbox"/> Lighter and/or matches <input type="checkbox"/> Running shoes <input type="checkbox"/> Hiking boots <input type="checkbox"/> Sandals <input type="checkbox"/> Rubber boots <input type="checkbox"/> Sunglasses and sun hat	<i>Tip: A small Rubbermaid/tote works the best for storing the following items</i> <input type="checkbox"/> Sunscreen, lip balm , insect repellent <input type="checkbox"/> Toothbrush and toothpaste <input type="checkbox"/> Soap, shampoo, conditioner (small are the best) <input type="checkbox"/> Comb or brush <input type="checkbox"/> Deodorant <input type="checkbox"/> Personal medications (enough for session) <input type="checkbox"/> Pens, pencils, notepad/paper

All camp clothing must be appropriate for a youth-environment (no alcohol branding, offensive slogans nor revealing items) **PLEASE LABEL ALL ITEMS** with name and last initial

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 and takes longer to dry and is not acceptable as out-trip clothing.

Weather: Campers participate in activities and out trips 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 you happy and in both hot and cool weather

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 MEC and University of Calgary – Outdoor Centre also rent gear and can give you a good idea of what works best for you, your camper, and your budget.



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 to be stored in accommodations (a car is the best place)



(we do actually have wifi, but let's leave that strictly for time off and focus on being together)

SECTION SPECIFIC - In addition to what is listed above, please include the items listed for your chosen option, your section when volunteering 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 cook-sites) <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 cook-sites) <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 acceptable) <input type="checkbox"/> Riding/hiking/rain boots with a ½" heel	<input type="checkbox"/> Durable pants (jeans are acceptable) <input type="checkbox"/> Riding/hiking/rain boots with a ½" heel



TIPS and TRICKS!	LOST AND FOUND
<ul style="list-style-type: none">✓ Have at least one light-coloured long-sleeved shirt for sun protection✓ Look for clothing that is synthetic or wool, fleece sweaters and pants are two keys to cold✓ 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 large plastic bin is a convenient way to store your belongings in the tipi✓ Label all items with name and last initial✓ Bring envelopes, stamps, paper and pen if you'd like to write letters home✓ 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">✓ Please keep 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✓ Consider sending a list of packed items with your camper that they can double check as they pack to go home.✓ During the session, Lost and Found is placed on a shelf for campers to look at and find their lost items✓ Lost and Found will be kept until the end of the session following the one attended

Other information available on our [website](#) includes the following topics

- Leaders in Training information
- Camper Medication Information and Transportation at [Family Zone](#)
 - o Must be completed at least 2 weeks before your child starts camp
- Safety and Risk Management
- Communicating with Your Camper

More questions?

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

Jared.baillie@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