



LIT (SAC DENE) PACKING LIST

ALL CAMPERS - Should have the following items with them. **NOTE: Bolded and italicized items are essential for personal success** – Please ensure that these items are good quality for personal comfort and care. * = *optional items*.

CLOTHING	GEAR	TOILETRIES
<input type="checkbox"/> Rain jacket (durable, 100% waterproof) <input type="checkbox"/> Rain pants (durable, 100% waterproof) <input type="checkbox"/> Socks (3-4 pairs warm woolies, 1 pair for sleeping, 1 pair neoprene*) <input type="checkbox"/> Base layer(s)/ Long underwear <ul style="list-style-type: none"> <input type="checkbox"/> 2 pairs of bottoms (1 wet, 1 dry) <input type="checkbox"/> 1-2 long-sleeved tops <input type="checkbox"/> Pants <ul style="list-style-type: none"> <input type="checkbox"/> 1 quick dry (for river, wet) <input type="checkbox"/> 1 warm (fleece or wool) <input type="checkbox"/> 1 for while in communities <input type="checkbox"/> Shorts <ul style="list-style-type: none"> <input type="checkbox"/> 1 quick dry <input type="checkbox"/> 1 for while in communities <input type="checkbox"/> Underwear <ul style="list-style-type: none"> <input type="checkbox"/> 3 pair for paddling - synthetic* <input type="checkbox"/> 3 for in camp/communities <input type="checkbox"/> 2 Sports Bras (1 wet, 1 dry) <input type="checkbox"/> 3 T-shirts <ul style="list-style-type: none"> <input type="checkbox"/> 1 quick dry <input type="checkbox"/> 2 for in camp/communities <input type="checkbox"/> Fleece/Wool Sweaters <ul style="list-style-type: none"> <input type="checkbox"/> 1 for paddling <input type="checkbox"/> 1 for camp (consider wool) <input type="checkbox"/> Additional warm fleece or vest <input type="checkbox"/> Packable Warm Jacket/Puffy jacket* <input type="checkbox"/> Gloves <ul style="list-style-type: none"> <input type="checkbox"/> Neoprene gloves* <input type="checkbox"/> Warm mitts (consider waterproof) <input type="checkbox"/> Bandanas or buff-style headband <input type="checkbox"/> Scarf/neck warmer/balaclava <input type="checkbox"/> Toque <input type="checkbox"/> Brimmed hat <input type="checkbox"/> Bug Jacket/head net	<input type="checkbox"/> Sunglasses- UV protection with sports cord and hard storage case <input type="checkbox"/> PFD* with whistle <input type="checkbox"/> Paddle (camp provides customizable) <input type="checkbox"/> Sleeping pad (with repair kit) <input type="checkbox"/> Warm sleeping bag (rated to -10°) <input type="checkbox"/> Headlamp (and extra set of batteries) <input type="checkbox"/> Tripping chair or seat pad <input type="checkbox"/> 2x 1L Water bottles- durable <input type="checkbox"/> 2-3 Carabiners to attach water bottles and securing gear <input type="checkbox"/> 1 x 1L Thermos (wide mouth for soups and hot drinks!) <input type="checkbox"/> Camping Dishes plate/bowl/cup/utensils <input type="checkbox"/> Multi-tool (with can-opener*) <input type="checkbox"/> 2-3 Lighters with fire starters <input type="checkbox"/> Compression sacs for sleeping bag, clothing Corrective lenses (glasses or contacts) If they are really important to your sight, bring back ups AND a repair kit. Consider bringing a backup set of glasses if you wear contacts (don't forget the lens solution) <input type="checkbox"/> Dry bags – there are many options for keeping your things dry (small bags in a regular pack, dry pack, canoe barrel)	<input type="checkbox"/> 2 full Sunscreen bottles (SPF 30) (No aerosol) <input type="checkbox"/> 1-2 Bug repellent bottles (consider citrus based or all-natural) NO aerosol DEET products damage plastic and your gear and are not recommended) <input type="checkbox"/> 1 Hand and body lotion (fragrance free) <input type="checkbox"/> Baby powder, gold bond, penaten cream (pick 1 – for extremities that hang out in neoprene all day or for heat rash) <input type="checkbox"/> 2 Lip balm (SPF 15-30) <input type="checkbox"/> Toothbrush, toothpaste, floss <input type="checkbox"/> Nail clippers* <input type="checkbox"/> Personal medications <ul style="list-style-type: none"> <input type="checkbox"/> Clearly labeled <input type="checkbox"/> 2 sets including prescriptions as a backup <input type="checkbox"/> Travel sized soap and shampoo <input type="checkbox"/> 1 quick dry towel <input type="checkbox"/> 1 Camp suds (travel sized) <input type="checkbox"/> LADIES: feminine hygiene products for duration of trip (plus a few extras) Consider something like the Diva Cup http://divacup.com/products/the-divacup/

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FOR CAMP	OTHER	OTHER (Optional)*
<p><i>(Can be stored in a locked shed for the duration of your journey)</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Blanket <input type="checkbox"/> Extra clothing <input type="checkbox"/> Games for drive up (we can send these back with the drivers) 	<ul style="list-style-type: none"> <input type="checkbox"/> Personal First Aid Kit (band aids, sports/medical tape, tweezers, etc.) <input type="checkbox"/> ½ of a Duct tape roll: consider wrapped around water bottle or other item for space saving <input type="checkbox"/> Rope or para cord (5 meters) <input type="checkbox"/> Reading materials and journaling (Pens, pencils, book, etc.) <input type="checkbox"/> Day pack (small, could also use a dry bag or fanny pack – for time in communities and on the plane back to camp) <input type="checkbox"/> Personal identification- laminated (more information in an email!) 	<ul style="list-style-type: none"> <input type="checkbox"/> Field guides <input type="checkbox"/> Small activities (cards, bracelet making, etc.) <input type="checkbox"/> Fishing supplies (collapsible rod, with case, tackle) <input type="checkbox"/> Binoculars <input type="checkbox"/> Instruments and sheet music (small preferred) <input type="checkbox"/> Coffee – approx. 1LB per camper, we can share! <input type="checkbox"/> Hair brush/comb

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. Clothing items that can be layered is a great way to keep happy and in both hot and cool 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

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.

TIPS and TRICKS!	LOST AND FOUND
<ul style="list-style-type: none"> ✓ Keep medication in its original packs and LABELED (camper name, name of drug, frequency/instructions) on outside ✓ You can re-treat your old rain gear before leaving for camp ✓ Have at least 1 light-coloured long-sleeved shirt for sun protection ✓ Look for clothing that is synthetic or wool ✓ Wool socks are vital for foot happiness ✓ We will be washing our laundry periodically throughout the trip in barrels – consider bringing what you need to be comfortable but do not over-pack 	<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 <p style="text-align: right;">Continued next page</p>



<ul style="list-style-type: none">✓ Keep in mind when choosing other clothes bugs are attracted to dark colors and can bite through tight or thin fabric, we could have bothersome bugs anywhere from every evening to only a few days, but you will save your skin by having protection✓ Look into quality wet-weather footwear and make sure that all footwear is comfortable for both running and walking✓ A labeled zip lock bag works well for storing toiletries✓ Label everything!	<ul style="list-style-type: none">✓ Lost and Found will be kept until the end of the session following the one attended
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Other information available on our [website](#) includes the following topics

- Safety and Risk Management
- Communicating with Your Camper
- Packing Information

More questions?

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

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