



SUMMER CAMP – DAY CAMP PACKING LIST

ACTIVITIES

The natural world and friendships are the central focus for our camp experiences. Campers receive hands-on, active supervision. Campers are put into groups of 6-9; groups are led by at least one trained counsellor. See the example schedule below to view a full example of a week at Day Camp.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY Theme Day: Animals!
9 – 10	Welcome Talk Name Games and Camp Tour	(9:30 – 10:30) Pool	Creative Games	Exploration Hike to Sculpture Garden	(9:30 – 11:30) Pony Petting and Horse Crafts
10 – 11	Parachute and Teambuilding Games	<i>Then get ready & hike to Adv Playground!</i>	Waterfront		
11 – 12	Fort Building	Adventure Playground	Archery/Atlatsl *groups alternate	Flying Squirrel	
LUNCH 12 – 12:45 @ the Old Lodge or Campfire Pit					
1 – 2	(1 – 2:30) Exploration Hike to Old Mill	Challenge Course	(1:30) Climbing Wall	Wilderness Playground	1 – 2:30 Animal Game!
2 – 3:30	(2:30 – 3:30) Arts & Crafts	Field Games! Gaga Ball!	(2:30) Forest Play	Lycra Tube & Games Court Activities	2:30 – 3:30 Campfire
3:30 – 4	Snack Time! Appreciations and Goodbyes	Snack Time! Appreciations and Goodbyes	Snack Time! Appreciations and Goodbyes	Snack Time! Appreciations and Goodbyes	Snack Time! Appreciations and Goodbyes

LUNCHES and SNACKS

Day Camp campers are required to bring their own lunches **and** two nutritious snacks. Campers will be participating in a number of high energy activities each day, and a full, well balanced lunch is ideal to keep them satisfied. Camp Chief Hector YMCA is nut-aware. Please do not send food that contains nut products.

PACKING FOR DAY CAMP AT CAMP CHIEF HECTOR YMCA

Our weather during the summer can range from hot, dry days to cold rain and even snow. We find that MEC (www.mec.ca) has quality and economical outdoor gear for children. The items on our packing list can be found at other stores as well.



ALL CAMPER - Should have the following items with them		
NOTE: Bolded items are essential for campers' success. Please ensure that these items are good quality for camper comfort/care.		
CLOTHING	GEAR	TOILETRIES
<input type="checkbox"/> Rain jacket <input type="checkbox"/> Rain pants <input type="checkbox"/> Warm sweater (fleece preferred) <input type="checkbox"/> Swim suit and towel – on the swim day (the daycamp coordinator will let you know)	<input type="checkbox"/> Day pack (school bags are usually a good fit) <input type="checkbox"/> 1-litre water bottle <input type="checkbox"/> Running shoes – we do a lot of walking and hiking around Camp. Sturdy footwear is required <input type="checkbox"/> Rubber boots – if the forecast is for a rainy week <input type="checkbox"/> Sun hat <input type="checkbox"/> Sunglasses	<i>Tip:</i> a labelled zip lock bag works well for storing toiletries <input type="checkbox"/> Sunscreen and lip balm <input type="checkbox"/> Insect repellent
PLEASE LABEL ALL ITEMS with name and last initial		
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. <i>Tip:</i> pack clothing items that can be layered to ensure your camper is comfortable 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.		

Campers and staff coming to Camp Chief Hector YMCA Summer Camp are making a choice to be in-the-moment with their group and with their surroundings. **Items such as cell phones, iPods, gaming devices, fidget spinners are prohibited.** If your camper is found to have any of items such as these at camp, we will keep them in a locked office until the end of the day.

LOST AND FOUND

TIPS and TRICKS!	LOST AND FOUND
<input checked="" type="checkbox"/> Label all items with name and last initial <input checked="" type="checkbox"/> 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	<input checked="" type="checkbox"/> 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 <input checked="" type="checkbox"/> During the session, Lost and Found is placed on a shelf for campers to look at and find their lost items <input checked="" type="checkbox"/> Lost and Found will be kept until the end of the session following the one attended

TRANSPORTATION

Bus service*

For the safety of your child, campers will only be released to the people you have indicated on your forms. All adults picking up campers must show phot ID *each* day. In order to change the person who will be picking up your child, you must speak to the Day Camp Supervisor in person or leave a message at their camp extension 403-673-3858 ext 205. All campers must be met by an adult at the bus stop.

Personal vehicle*

When dropping off and picking up your campers, follow the map and directions below. You will arrive at the Bowfort Lodge parking lot where a Day Camp staff member will greet you to sign your camper in. Supervision is provided during drop off and pick up times. Staff will be available on site at camp from 8:45 in the morning and until 4:15 in the afternoon. You must show ID each day to pick up your camper.

**Camp Chief Hector sign in/out procedures are in line with YMCA Calgary day camp programs and as such, we will not release a camper unless photo ID is shown to our staff.*



DIRECTIONS

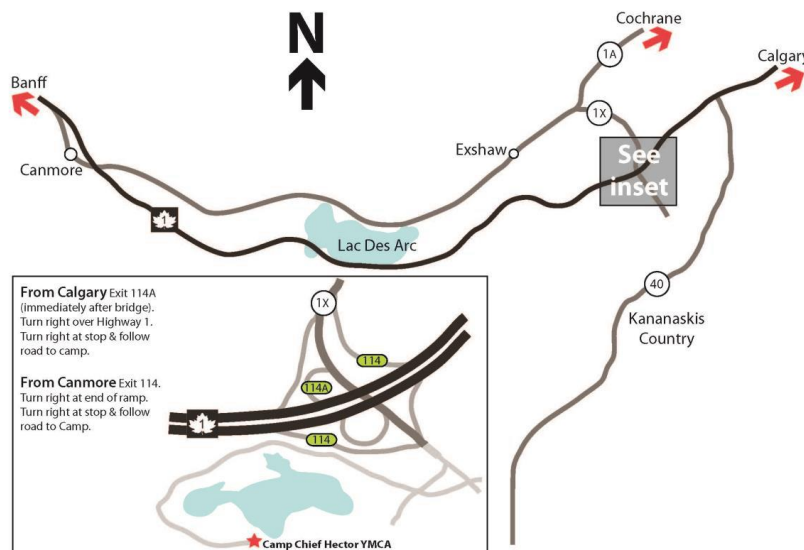
Note: Google maps often, incorrectly, shows Camp at the Exshaw Post Office (where our mail is delivered). Our site is located 8km west of the intersection of Highway 1 and Highway 1X. Following the directions below will ensure your trip to camp is smooth and direct.

From Calgary

Travel west on Highway 1 (Trans-Canada Hwy.) approximately 75 km from Calgary city limits. Exit onto Highway 1X South (Rocky Mountain YMCA exit number 114A). This is a dual exit; 114A is the second one. The road takes you across the highway to a STOP sign at a “T” intersection. Turn right and follow the road to the camp gate. From the camp gate follow **YMCA Road** to Bowfort Lodge and Bowfort parking lot. Hector Lodge and parking is 2km further along the road.

From Canmore

Travel east on Highway 1 (Trans-Canada Hwy.) approximately 25 km from Canmore. Take the Rocky Mountain YMCA exit. The exit is clearly marked with a green highway sign to your right. The road takes you to a STOP sign at a “T” intersection. Turn right and follow the road to the camp gate. From the camp gate follow **YMCA Road** to Bowfort Lodge and Bowfort parking lot. Hector Lodge and parking is 2km further along the road.



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

- Homesickness and Preparing for Camp
- 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

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

403.673.3858 ext. 301

Anja.Vreeker@calgary.ymca.ca

Summer Camp Assistant Director

403.673.3858 ext. 300