



## MISTAYA PACKING LIST

**ALL CAMPERS** - Should have the following items with them, plus the additional trip specific items.

**NOTE: Bolded items are essential for campers' success** – Please ensure that these items are good quality for camper comfort and care.

CLOTHING	GEAR	TOILETRIES
<input type="checkbox"/> <b>Rain jacket</b> <input type="checkbox"/> <b>Rain pants</b> <input type="checkbox"/> 13-day supply of underwear <input type="checkbox"/> 13-day supply of socks <input type="checkbox"/> 4 pairs of long pants <input type="checkbox"/> 4 pairs of shorts <input type="checkbox"/> 6 T-shirts <input type="checkbox"/> 3 long-sleeved 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 Swim suit	<input type="checkbox"/> <b>Day pack</b> (school bags are usually a good fit) <input type="checkbox"/> <b>Two 1-litre water bottles</b> <input type="checkbox"/> <b>Warm sleeping bag</b> (rated 0° to -7°C) <input type="checkbox"/> <b>Sleeping bag compression sac</b> (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"/> 2 towels (one for showers, one for swimming) <input type="checkbox"/> <b>Sturdy shoes (running shoes or hiking boots)</b> <input type="checkbox"/> <b>Sandals</b> <input type="checkbox"/> Rubber boots <input type="checkbox"/> Sun hat <input type="checkbox"/> Flashlight or headlamp <input type="checkbox"/> Warm toque and mitts	<i>Tip: a labeled zip lock bag works well for storing toiletries</i>  <input type="checkbox"/> Sunscreen, sunglasses, <b>lip balm</b> , 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

### 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:* 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.

OPTIONAL:	PLEASE LEAVE AT HOME:
<input type="checkbox"/> Camera (disposable recommended) <input type="checkbox"/> Bug net (for tipis) <input type="checkbox"/> Books and word puzzles for bedtime or downtime	<input type="checkbox"/> Electronics (cell phones, iPods, gaming devices, etc.) <input type="checkbox"/> Jewelry <input type="checkbox"/> Candy or other food items <input type="checkbox"/> Money <input type="checkbox"/> Multi-tools



**Program option SPECIFIC** - In addition to what is listed above, please include the items listed for your camper's chosen option

HIKE	MOUNTAIN BIKE	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"/> <b>Hiking Boots**</b>	<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"/> <b>Hiking Boots**</b> <input type="checkbox"/> OPTIONAL: biking gear (CSA approved helmet, their own bike, gloves, wind breaker, etc.)	<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"/> <b>Hiking Boots**</b>

**\*HOW TO PICK THE RIGHT PACK**

- ✓ 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 adjustable shoulder straps
- ✓ 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 can pack and adjust the backpack themselves – it will be useful when they arrive to camp and for future trips

**\*\*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 will become less likely to cause blisters



**FOR PARENTS AND GUARDIANS**

<b>TIPS and TRICKS!</b>	<b>LOST AND FOUND</b>
<ul style="list-style-type: none"> <li>✓ Duffle bags or hockey bags are great for organizing clothes, keeping them dry, and secure in the tipi (keep in mind campers must carry this to their tipi)</li> <li>✓ <b>Label all items</b> with name and last initial</li> <li>✓ Campers love mailing home! Send your camper with <b>pre-addressed, pre-stamped envelopes</b>, paper and pen</li> <li>✓ 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</li> </ul>	<ul style="list-style-type: none"> <li>✓ 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</li> <li>✓ Consider sending a list of packed items with your camper that they can double check as they pack to go home.</li> <li>✓ During the session, Lost and Found is placed on a shelf for campers to look at and find their lost items</li> <li>✓ Lost and Found will be kept until the end of the session following the session attended</li> </ul>

**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
- Communicating with Your Camper

**More questions?**

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

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