



## 6-DAY SECTIONS PACKING LIST

For Chiniquay and Yamnuska programs

All campers should have the following items with them, plus the additional trip specific items.

**Bolded items are essential for campers' success**

CLOTHING	GEAR	TOILETRIES
<input type="checkbox"/> <b>Rain jacket</b> <input type="checkbox"/> <b>Rain pants</b> <input type="checkbox"/> 6-day supply of underwear <input type="checkbox"/> Extra underwear (just in case) <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"/> 5 T-shirts <input type="checkbox"/> 1 or 2 long-sleeved shirts <input type="checkbox"/> 2 warm sweaters <input type="checkbox"/> Fleece or wool preferred <input type="checkbox"/> 1 pair base layer (top and bottom) <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"/> Pillow <input type="checkbox"/> Blanket (for extra warmth and for closing ceremony) <input type="checkbox"/> <b>Flashlight</b> or headlamp with spare batteries <input type="checkbox"/> Towel <input type="checkbox"/> <b>Sturdy shoes (running shoes or hiking boots)</b> <input type="checkbox"/> Sandals <input type="checkbox"/> <b>Rubber boots</b> <input type="checkbox"/> Sun hat <input type="checkbox"/> Warm toque and mitts <input type="checkbox"/> <b>Backpack:</b> large enough to fit sleeping bag and a few extra items of clothing and some group food or gear (campers will carry this to their overnight site) <input type="checkbox"/> <b>Sleeping pad</b> <input type="checkbox"/> Sleeping bag compression sac (will compress the sleeping bag so it takes up less space)	<p><i>Tip: a labeled zip lock bag works well for storing toiletries</i></p> <input type="checkbox"/> Sunscreen (non-aerosol), sunglasses, <b>lip balm with SPF</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 <input type="checkbox"/> Menstrual supplies if needed <input type="checkbox"/> Personal medications (please leave medications in their original packaging and pack them in a ziploc bag labelled with your camper's name to be signed in at check-in)

In addition to the lists above, please include the items listed for your camper's age group.

CHINIQUAY 7-9Y	YAMNUSKA 10-13Y
<input type="checkbox"/> Nothing else is required!	<input type="checkbox"/> <b>Hiking Boots</b> <input type="checkbox"/> Plastic bowl, cup, utensils

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"/> Small stuffed animal <input type="checkbox"/> Extra towel (1 for swimming, 1 for showering) <input type="checkbox"/> Pre-addressed, pre-stamped envelopes, paper and pen	<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 <input type="checkbox"/> Favourite toys/stuffed animals that would be greatly missed





ADDITIONAL INFORMATION ABOUT EXPEDITION EQUIPMENT			
WEATHER	WHY SYNTHETIC & WOOL	CHOOSING A PACK	HIKING BOOTS
<ul style="list-style-type: none"> <li>✓ Activities and expeditions are rain or shine</li> <li>✓ Summer weather can be hot, sunny, and dry OR cold, wet, and snowy</li> <li>✓ Pack clothing items that can be layered for comfort in all weather.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Quality gear is essential to your camper's comfort</li> <li>✓ Better at wicking sweat</li> <li>✓ Dry faster</li> <li>✓ Stay warmer when wet</li> <li>✓ Cotton pulls heat from the body when wet and takes a long time to dry</li> </ul>	<ul style="list-style-type: none"> <li>✓ Try packing your backpack at home to make sure your sleeping bag, sleeping pad, and clothing fit with room to spare for group gear and food.</li> <li>✓ Consider buying a pack your camper can grow into over several years</li> </ul>	<ul style="list-style-type: none"> <li>✓ Essential for covering uneven or rough terrain on day hikes.</li> <li>✓ Break them in before coming to camp by wearing them for 5 or more days. Breaking boots in helps to prevent blisters.</li> </ul>
<p><b>Not sure where to start?</b> 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. You can also borrow from friends/older siblings or have a look at thrift stores for wool or synthetic clothing.</p>			

TIPS and TRICKS!	LOST AND FOUND
<ul style="list-style-type: none"> <li>✓ Duffle bags, hockey bags, or Rubbermaid bins are great for organizing clothes, and keeping them dry and secure in the tipi</li> <li>✓ Don't overpack</li> <li>✓ <b>Label all items</b> with name and last initial.</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 stored until the end of the summer season. You will be invited to attend a Lost and Found day at Shane Homes YMCA at Rocky Ridge in September to have a look for your camper's missing belongings.</li> </ul>

**Additional information is available on our [website](#) :**

- Homesickness and Preparing for Camp
- Camper and Parent Commitments
- Camper Medication Information and Transportation at [Family Zone](#)
  - o Must be completed at least 2 weeks before your child starts camp
- Merchandise
- And more!

**You'll also find more information on our [website](#) and Facebook [about our upcoming events](#):**

- Information Session
- Sale Night (10% discount) at Mountain Equipment Co-op (MEC)
- Open House

**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](mailto:Jared.baillie@calgary.ymca.ca)

Summer Camp Director

403.673.3858 ext. 301

[Anja.Vreeker@calgary.ymca.ca](mailto:Anja.Vreeker@calgary.ymca.ca)

Summer Camp Assistant Director

403.673.3858 ext. 300