



CAMP GRAY JAY PACKING LIST

For Fox, Coyote, and Wolf programs

All Campers should have the following items with them.

Bolded items are essential for campers' success

CLOTHING	GEAR	TOILETRIES
<input type="checkbox"/> Rain jacket (durable and waterproof) <input type="checkbox"/> Rain pants (durable and waterproof) <input type="checkbox"/> 13-day supply of underwear <input type="checkbox"/> 13-day supply of socks (include 2 pairs wool or synthetic hiking socks) <input type="checkbox"/> 3 pairs of long pants (2 pairs synthetic hiking or athletic pants) <input type="checkbox"/> 1 pair riding pants (jeans are acceptable) <input type="checkbox"/> 2 pairs shorts (1 pair synthetic hiking or athletic shorts) <input type="checkbox"/> 6 T-shirts (2 synthetic t-shirts) <input type="checkbox"/> Long-sleeved shirt (synthetic or wool) <input type="checkbox"/> Light-coloured, long-sleeved cotton shirt (recommended for keeping the flies away in hot weather) <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"/> 1-2 Swim suits	<input type="checkbox"/> Day pack (school bags are usually a good fit) <input type="checkbox"/> Two 1-litre water bottles (no glass) <input type="checkbox"/> Warm sleeping bag (rated 0° to -7°C) <input type="checkbox"/> Sleeping bag compression sac (will compress the sleeping bag so it takes up less space in hiking pack) <input type="checkbox"/> Sleeping pad <input type="checkbox"/> Pillow <input type="checkbox"/> Blanket (for extra warmth and for closing ceremony) <input type="checkbox"/> Headlamp with spare batteries <input type="checkbox"/> Plastic bowl, cup, utensils <input type="checkbox"/> Hiking Boots <input type="checkbox"/> Hiking Pack <ul style="list-style-type: none"> <input type="checkbox"/> Foxes: 50L <input type="checkbox"/> Coyotes: 60L <input type="checkbox"/> Wolf ~70-80L <input type="checkbox"/> Additional compression sac for clothing items <input type="checkbox"/> Towel <input type="checkbox"/> Sturdy shoes (running shoes or hiking boots) <input type="checkbox"/> Sandals <input type="checkbox"/> Riding boots that have a 1/2" heel (other boots will do if you don't have riding boots – for example, rubber boots with a heel.) <input type="checkbox"/> Camp shoes (closed-toe – used around camp on expedition during set-up, cooking, etc.) <input type="checkbox"/> Sun hat <input type="checkbox"/> Warm toque and mitts <input type="checkbox"/> Puffy jacket or similar light jacket <input type="checkbox"/> 6 strong garbage bags (to line bags to keep belongings dry)	<p><i>Tip: a labeled zip lock bag works well for storing toiletries</i></p> <input type="checkbox"/> Sunscreen (non-aerosol), sunglasses, lip balm with SPF , 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)

OPTIONAL:	PLEASE LEAVE AT HOME:
<input type="checkbox"/> Hiking poles (helpful for balance and reducing wear and tear on joints) <input type="checkbox"/> Camera (disposable recommended) <input type="checkbox"/> Bug net and/or bug hat <input type="checkbox"/> Books and word puzzles for bedtime or downtime <input type="checkbox"/> Wrist watch <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"/> Multi-tools	<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



ADDITIONAL INFORMATION

WEATHER	WHY SYNTHETIC & WOOL	CHOOSING A PACK	HIKING BOOTS
<ul style="list-style-type: none"> ✓ Activities and expeditions are rain or shine ✓ Summer weather can be hot, sunny, and dry OR cold, wet, and snowy ✓ Pack clothing items that can be layered for comfort in all weather 	<ul style="list-style-type: none"> ✓ Quality gear is essential to your camper’s comfort ✓ Better at wicking sweat ✓ Dry faster ✓ Stay warmer when wet ✗ Cotton pulls heat from the body when wet and takes a long time to dry 	<ul style="list-style-type: none"> ✓ Pack sizes listed here are a guideline – test it at home to make sure your sleeping bag, sleeping pad, and expedition clothing fit with room to spare for group gear and food. ✓ Consider buying a pack your camper can grow into over several years ✓ Visit REI’s blog for more info on how to choose a pack ✓ Consider how you can keep gear dry – sending along strong garbage bags and/or a durable rain cover are both good options 	<ul style="list-style-type: none"> ✓ Essential for covering uneven or rough terrain on expedition. ✓ Break them in before coming to camp by wearing them for 5 or more days. Breaking boots in helps to prevent blisters

TIPS and TRICKS!	LOST AND FOUND
<ul style="list-style-type: none"> ✓ Duffle bags, hockey bags, or Rubbermaid bins are great for organizing clothes, and keeping them dry and secure in the tipi (keep in mind campers must carry this to their tipi). ✓ Label all items with name and last initial. ✓ 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. ✓ Consider bringing along a camelback style water system in addition to a water bottle ✓ Instead of riding boots you can bring rubber boots with a heel – avoid using hiking boots as your riding boot because the bottom of these boots are often too grippy and can create issues while riding. 	<ul style="list-style-type: none"> ✓ Please keep expensive valuables and other items that would be greatly missed at home. YMCA Camp Gray Jay 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 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.

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 – [Hector Gear](#)
- And more!

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

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

More questions?

Please contact Brandon Boltz if you have questions about these programs or what to pack.

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