



## YOGA ADVENTURE WEEKEND PACKING LIST

ALL CAMPERS:				
CLOTHING	GEAR	YOGA GEAR	TOILETRIES	OPTIONAL
<input type="checkbox"/> Rain jacket <input type="checkbox"/> Rain pants <input type="checkbox"/> Weekend supply of underwear and socks <input type="checkbox"/> 2 sets of active wear <input type="checkbox"/> 2 pairs of long pants <input type="checkbox"/> 1 pair of shorts <input type="checkbox"/> 2 T-shirts <input type="checkbox"/> A long-sleeved shirt <input type="checkbox"/> 1-2 warm sweaters <input type="checkbox"/> 1 pair pajamas	<input type="checkbox"/> Day pack (school bags are usually a good fit) <input type="checkbox"/> 1-litre water bottle <input type="checkbox"/> Warm sleeping bag (recommended for tipis/yurt) OR Bedding (single beds in longhouse and clusters) <input type="checkbox"/> Pillow and extra blanket <input type="checkbox"/> A towel <input type="checkbox"/> Running shoes/Hikers <input type="checkbox"/> Rubber boots (If horse riding) <input type="checkbox"/> Sandals <input type="checkbox"/> Sun hat <input type="checkbox"/> Flashlight or headlamp (and extra batteries) <input type="checkbox"/> Warm toque and mitts	<input type="checkbox"/> Yoga Mat <input type="checkbox"/> Yoga Blanket <input type="checkbox"/> Optional: Any other yoga/exercise equipment you may require (e.g. block, foam roller, resistance bands, hand wraps).	<i>Tip: a labeled zip lock bag works well for storing toiletries</i> <input type="checkbox"/> Sunscreen, sunglasses, lip balm, insect repellent <input type="checkbox"/> Toothbrush and toothpaste <input type="checkbox"/> Soap, shampoo & conditioner <input type="checkbox"/> Deodorant <input type="checkbox"/> Flip flops!	<input type="checkbox"/> Bear Spray if you plan on doing own hiking/ exploring <i>*should be trained</i> <input type="checkbox"/> Musical Instrument <input type="checkbox"/> Camera <input type="checkbox"/> Books for downtime <input type="checkbox"/> Snacks ( <i>nut free, &amp; please leave these items in your car or in common area fridges, accommodations are not suitable for keeping food in</i> ) <input type="checkbox"/> Cash <i>*Please note that outside alcohol is not permitted, a cash bar will be provided Saturday evening</i>

**Weather:** Campers participate in activities in a variety of weather – it can range from hot, sunny, and dry to cold, wet or even snowy weather.

*Tip:* pack clothing items that can be layered to ensure you are comfortable in both hot and cool weather

**Unplugging:** Please leave electronics (iPods, gaming devices, etc.) at home – campers and staff at Camp Chief Hector are making a choice to be in the moment, experience new things together, and connect with their environment!

### Getting to Camp from Calgary:

Travel west on Highway 1 (Trans-Canada Hwy.) approximately 75 km from Calgary city limits. Take exit 114A (the second of a dual exit for Highway 1X South). 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 (on the right).**



<b>TIPS and TRICKS!</b>	<b>LOST AND FOUND</b>
<ul style="list-style-type: none"> <li>✓ Plastic bins or hockey bags are great for organizing clothes and keeping them dry and secure in the tipi</li> <li>✓ <b>Label all items</b> with name and last initial</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>✓ 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 after the session attended it will be donated)</li> </ul>
<b>ARRIVAL and DEPARTURE</b>	<b>ITEMS TO LEAVE AT HOME</b>
<ul style="list-style-type: none"> <li>✓ Please arrive between <b>7:00 and 7:15pm on Friday Eve</b></li> <li>✓ Park in Bowfort Parking lot, check in at Bowfort Lodge</li> <li>✓ <b>Community meeting starts at 7:30 PM in Bowfort</b></li> <li>✓ Meal Times are: 8:30AM, 12:30PM, 5:30PM</li> <li>✓ Camp will finish directly after lunch on Sunday</li> </ul>	<ul style="list-style-type: none"> <li>✓ Jewelry</li> <li>✓ Money</li> <li>✓ Candy (or kept in your car)</li> <li>✓ Expensive electronics/cameras</li> <li>✓ Bear Bells</li> </ul>

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

- Map and Directions to Camp
- Safety and Risk Management
- Cancellation Policy

**Have more questions?**

Please contact John Boardman or Laura Horsman if you have questions about these programs or what to pack.

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