



13-DAY SECTIONS PACKING LIST

For Mistaya, Kananaskin, and Pioneer 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"/> Rain jacket (durable and waterproof) <input type="checkbox"/> Rain pants (durable and waterproof) <input type="checkbox"/> 13-day supply of underwear (At least 2 Sports Bra if applicable) <input type="checkbox"/> 13-day supply of socks <input type="checkbox"/> 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"/> 2 pairs shorts <input type="checkbox"/> 1 pair synthetic or athletic shorts <input type="checkbox"/> 6 T-shirts <input type="checkbox"/> 2 synthetic t-shirts <input type="checkbox"/> 2 Long-sleeved shirts (synthetic or wool) <input type="checkbox"/> 2 warm sweaters (Fleece or wool) <input type="checkbox"/> Synthetic/down light jacket (Recommend for Pioneer age and above) <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"/> 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 <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 Boot <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"/> Rubber boots <input type="checkbox"/> Sun hat/Cap <input type="checkbox"/> Warm toque and gloves <input type="checkbox"/> Camp shoes (closed-toe – used around camp on expedition during set-up, cooking, etc.) <input type="checkbox"/> Plastic bowl, cup, utensils	<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)

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

HIKE (Includes all Mistaya)	CANOE
<input type="checkbox"/> Hiking Pack Mistayas: 50L Kananaskins: 60L Pioneer: 70-80L <input type="checkbox"/> OPTIONAL: Hiking poles	<input type="checkbox"/> Waterproof Pack System (total 70-80L) A) Dry bag(s) (preferred) B) Pack with strong garbage bags to line <input type="checkbox"/> Light-coloured, light cotton long-sleeved shirt and pants <input type="checkbox"/> River shoes (sturdy, strapped, closed-toed sandals (Preferred) or old runners) OPTIONAL: <input type="checkbox"/> neoprene gloves and/or socks

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"/> Wrist watch (not smart watch) <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



YMCA Calgary
 Camp Chief Hector YMCA
 Summer Camp

ADDITIONAL INFORMATION about EXPEDITION EQUIPMENT				
WEATHER	WHY SYNTHETIC & WOOL	CHOOSING A PACK	HIKING BOOTS	DRY BAGS
<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. 	<ul style="list-style-type: none"> ✓ Fold top dry bags are easy to use and much more affordable than backpack styles. ✓ A good system is to use two dry bags, one small (10-15L) to store essential day items (like rain gear, a snack, sunscreen, etc.) and a larger pack to keep clothing and sleeping gear dry.
<p>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. 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"> ✓ Duffel 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 	<ul style="list-style-type: none"> ✓ 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. ✓ 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.

More questions?

Please contact cchy@ymcocalgary.org for more information.