



**LIT PACKING LIST**

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

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

CLOTHING	GEAR	TOILETRIES
<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Rain jacket</b> (durable, 100% waterproof)</li> <li><input type="checkbox"/> <b>Rain pants</b> (durable, 100% waterproof)</li> <li><input type="checkbox"/> Min. 13-day supply of underwear</li> <li><input type="checkbox"/> Min. 13-day supply of socks (include <b>2 pairs wool or synthetic hiking socks</b>)</li> <li><input type="checkbox"/> Long pants (min. 2 pairs synthetic hiking or athletic pants)</li> <li><input type="checkbox"/> Shorts (min. 2 pairs synthetic hiking or athletic shorts)</li> <li><input type="checkbox"/> 6 T-shirts (2 synthetic t-shirts)</li> <li><input type="checkbox"/> Long-sleeved shirts (1 synthetic or wool)</li> <li><input type="checkbox"/> 2 warm sweaters (fleece or wool)</li> <li><input type="checkbox"/> Base layers (top and bottoms)</li> <li><input type="checkbox"/> Pajamas</li> <li><input type="checkbox"/> Swim suit</li> <li><input type="checkbox"/> Puffy jacket or other warm jacket</li> </ul> <p><i>*All clothing must be appropriate (no alcohol branding, offensive slogans, or revealing styles)</i></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Day pack</b> (school bags are usually a good fit)</li> <li><input type="checkbox"/> <b>Two 1-litre water bottles</b> (no glass)</li> <li><input type="checkbox"/> <b>Hiking Pack (75+ L</b> – you will be carrying more gear than your average trip)</li> <li><input type="checkbox"/> <b>Warm sleeping bag</b> (rated 0° to -7°C)</li> <li><input type="checkbox"/> <b>Sleeping bag compression sac</b></li> <li><input type="checkbox"/> <b>Sleeping pad</b></li> <li><input type="checkbox"/> Pillow and blanket (for extra warmth and for closing ceremony)</li> <li><input type="checkbox"/> <b>Headlamp</b> with spare batteries</li> <li><input type="checkbox"/> Plastic bowl (ideally with a locking lid), cup/thermos, utensils</li> <li><input type="checkbox"/> <b>Hiking Boots</b></li> <li><input type="checkbox"/> 6 strong garbage bags (to line bags to keep belongings dry)</li> <li><input type="checkbox"/> Additional compression sac for clothing items</li> <li><input type="checkbox"/> 2 Towels (one for showers, one for swimming)</li> <li><input type="checkbox"/> <b>Sturdy shoes (running shoes or hiking boots)</b></li> <li><input type="checkbox"/> Sandals (not flip flops)</li> <li><input type="checkbox"/> Rubber boots</li> <li><input type="checkbox"/> Camp shoes (closed-toe – used around camp on expedition during set-up, cooking, etc.)</li> <li><input type="checkbox"/> Sun hat/Cap</li> <li><input type="checkbox"/> Warm toque and mitts</li> <li><input type="checkbox"/> <b>Wrist watch</b></li> <li><input type="checkbox"/> Notepad and pencil case with writing utensils (for credit program work)</li> <li><input type="checkbox"/> Laundry bag and soap</li> <li><input type="checkbox"/> Lighter</li> </ul>	<p><i>Tip: a labeled zip lock bag works well for storing toiletries</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Sunscreen (non-aerosol), sunglasses, lip balm with SPF, insect repellent</b></li> <li><input type="checkbox"/> <b>Toothbrush and toothpaste</b></li> <li><input type="checkbox"/> <b>Soap, shampoo, and conditioner</b> (small bottles are best)</li> <li><input type="checkbox"/> Comb or brush</li> <li><input type="checkbox"/> Deodorant</li> <li><input type="checkbox"/> Menstrual supplies if needed</li> <li><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)</li> </ul>

OPTIONAL:	PLEASE BE AWARE:
<ul style="list-style-type: none"> <li><input type="checkbox"/> Fleece pants</li> <li><input type="checkbox"/> Multi-tools</li> <li><input type="checkbox"/> Hiking poles</li> <li><input type="checkbox"/> Gaiters</li> <li><input type="checkbox"/> Camera</li> <li><input type="checkbox"/> Single fitted sheet</li> <li><input type="checkbox"/> Bug net (for tipis)</li> <li><input type="checkbox"/> Books, card games, etc. for bedtime or downtime</li> <li><input type="checkbox"/> Plastic bins (small for toiletries and large for clothing)</li> <li><input type="checkbox"/> Self-care items</li> <li><input type="checkbox"/> Anything that would improve your programming (instruments, frisbee, Wababa ball etc)</li> </ul>	<ul style="list-style-type: none"> <li>✓ We are <i>unplugged!</i> LITs and Staff are expected to turn off all electronics (cell phones, iPods, gaming devices etc) during their work time</li> <li>✓ Consider keeping 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 (such as jewelry, money etc).</li> <li>✓ Food is not to be stored in accommodations (a car is the best place)</li> </ul>



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 comfort and safety</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>✓ 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.</li> <li>✓ Visit REI's <a href="#">blog</a> for more info on how to choose a pack</li> <li>✓ Consider how you will waterproof your pack system (ie garbage bags and rain covers)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Essential for covering uneven or rough terrain on expedition.</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 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 (keep in mind campers must carry this to their tipi).</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> <li>✓ Consider a camelback style in addition to a single water bottle</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 bringing a list of packed items with you that you can double check as you pack to go home.</li> </ul>

**More questions?**  
Please contact [cchy@ymcocalgary.org](mailto:cchy@ymcocalgary.org) for more information.