



LEADERSHIP PACKING LIST

<p>ALL CAMPERS - each camper should have the following items with them, plus the additional trip specific items. Bolded and italicized items are essential for camp success – make sure that these are good quality to ensure camper comfort and safety</p>		
CLOTHING	GEAR	TOILETRIES
<ul style="list-style-type: none"> <input type="checkbox"/> Rain jacket (durable, 100% waterproof) <input type="checkbox"/> Rain pants (durable, 100% waterproof) <input type="checkbox"/> 27-day supply of underwear (At least two sports bras if applicable) <input type="checkbox"/> 27-day supply of socks (3+ wool hiking socks or Synthetic) <input type="checkbox"/> 3-4 pairs of long pants (<i>1 must be synthetic; 1 must be hiking</i>) <input type="checkbox"/> Minimum 3 pairs of shorts (<i>2 must be synthetic</i>) <input type="checkbox"/> Minimum 7 T-shirts (<i>3 must be synthetic or wool</i>) <input type="checkbox"/> 3 long-sleeved shirts (<i>1 must be synthetic or wool</i>) <input type="checkbox"/> 2 warm sweaters (fleece or wool) <input type="checkbox"/> 1 synthetic/down light jacket <input type="checkbox"/> 2 pairs base layer (top and bottoms) (<i>synthetic</i>) <input type="checkbox"/> 2 pairs of pajamas <input type="checkbox"/> 1 Swim suit – pack in day pack <input type="checkbox"/> Inexpensive watch (not a smart watch) 	<ul style="list-style-type: none"> <input type="checkbox"/> Day pack (school bags are usually a good fit) <input type="checkbox"/> Two 1-litre water bottles (consider a camelback style in additional to a single water bottle) <input type="checkbox"/> Warm sleeping bag (rated 0° to -7°C synthetic is preferred) <input type="checkbox"/> Sleeping bag compression sac (will compress the sleeping bag so it takes up less space) <input type="checkbox"/> Sleeping pad <input type="checkbox"/> Pillow and blanket (for extra warmth and for closing ceremony) <input type="checkbox"/> 2 towels (one for showers, one for swimming) <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"/> Headlamp (and extra set of batteries) <input type="checkbox"/> Warm toque and gloves <input type="checkbox"/> Sunglasses <input type="checkbox"/> Plastic bowl, cup, utensils 	<p><i>Tip: a labeled zip lock bag works well for storing toiletries</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Sunscreen, 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"/> Bandana <input type="checkbox"/> Comb or brush <input type="checkbox"/> Deodorant <input type="checkbox"/> Menstruation supplies if needed <input type="checkbox"/> Personal Medication
<p>PLEASE LABEL ALL ITEMS with name and last initial</p>		
<p>Why SYNTHETIC or WOOL? Quality trip clothing is essential, synthetic and wool items are better wicking, dry faster, or stay warm when wet. Consider a full set (pants, shirt, sweater, socks) to wear each day on trip, PLUS a second set that will stay dry in campers' packs. Cotton clothing, however, pulls heat from your body when wet and takes longer to dry and is not acceptable as out-trip clothing.</p> <p>Weather: Campers participate in activities and out trips in a variety of weather – Summer can range from hot, sunny, and dry to cold, wet or even snowy weather. <i>Tip:</i> pack clothing items that can be layered to ensure your camper is comfortable in both hot and cool weather</p> <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.</p>		



TRIP SPECIFIC - In addition to what is listed above, please pack the items listed in the columns that match your camper's itinerary

CANOE	HIKE
<input type="checkbox"/> Dry bag(s)*** OR Pack with 6 strong garbage bags (to line packs to keep belongings dry) (80L) <input type="checkbox"/> River shoes: sturdy, strapped, closed toed sandals or old runners. <input type="checkbox"/> Camp Shoes (closed toe – kept dry, used around camp during set up and cooking) OPTIONAL: neoprene gloves and/or socks	<input type="checkbox"/> Hiking pack (80L)* <input type="checkbox"/> 6 strong garbage bags (to line packs) <input type="checkbox"/> Hiking Boots** <input type="checkbox"/> Additional compression sac for clothing items <input type="checkbox"/> Camp shoes (closed toe – used around camp during set up, cooking, etc.) OPTIONAL: Hiking poles

PLEASE LABEL ALL ITEMS with name and last initial
(Camp Chief Hector YMCA is not responsible for lost or damaged belongings)

***HOW TO PICK THE RIGHT PACK**

- ✓ Dry Bag and Backpack sizes listed here are only a starting point: try testing it out at home: Campers are **required to carry their own sleeping bag, pad, and clothing, as well as a few items of group gear**
- ✓ **Ensure that the pack fits your camper** – things to consider are the height, the waist strap, and how adjustable all the straps are.
- ✓ The ideal pack weighs about 40% of your weight – and with the right fit, that weight will land on the hips
- ✓ Check that your camper can pack and adjust the backpack themselves – it will be useful when they arrive at camp and for future trips

****HIKING BOOTS**

- ✓ Campers will need sturdy boots to wear each day over uneven and rough terrain on the out-trip – should be waterproof (with wax or by design)
- ✓ Boots should be broken in before coming to camp, which you can do by wearing for 5 or more days prior to coming to camp. Doing this will allow the boots to form to their feet and will become less likely to cause blisters

*****DRY BAGS**

- ✓ Dry bags are a great alternative to a regular pack. They come in a variety of sizes and styles – fold top dry bags are easy to use and much more affordable than backpack styles.
- ✓ A good idea might be to have 2 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. Again, testing and creating a packing system at home is a helpful way to make sure that bags fit everything needed for a trip

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"/> Multi-tool <input type="checkbox"/> Buff or neck warmer	<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



FOR PARENTS AND GUARDIANS

TIPS and TRICKS!	LOST AND FOUND
<ul style="list-style-type: none">✓ Plastic bins or duffle bags are great for organizing clothes and keeping them dry and secure in the tipi✓ Label all items with name and last initial✓ Campers love mailing home! Send your camper with pre-addressed, pre-stamped envelopes, paper and pen✓ 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	<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 kept until the end of the session after the session attended

More questions?

Please contact cchy@ymcacalgary.org for more information.