

13-DAY PACKING LIST

APPLICABLE FOR THE FOLLOWING PROGRAMS:
MISTAYA, KANANASKIN, PIONEER (HIKE & CANOE) AND LIT

CLOTHING

- Rain jacket (durable and waterproof)
- Rain pants (durable and waterproof)
- 13-day supply of underwear (At least 2 Sports Bra if applicable)
- 13-day supply of socks
- ** include 2 pairs wool or synthetic hiking socks
- 3 pairs of long pants (2 pairs synthetic hiking or athletic pants)
- 2 pairs shorts
- 1 pair synthetic or athletic shorts
- 6 T-shirts
- 2 synthetic t-shirts
- 2 Long-sleeved shirts (synthetic or wool)
- 2 warm sweaters (Fleece or wool)
- Synthetic/down light jacket (Recommend for Pioneer age and above)
- 1 pair base layer (top and bottom)
- 2 pair pajamas

GEAR

- Day pack (school bags are usually a good fit)
- Two 1-litre water bottles (no glass)
- Warm sleeping bag (rated 0o to -7oC)
- Sleeping bag compression sac
- Sleeping pad
- Pillow
- Blanket (for extra warmth)
- Headlamp with spare batteries
- Plastic bowl, cup, utensils
- Hiking Boot
- Additional compression sac for clothing items
- Towel
- Sturdy shoes (running shoes or hiking boots)
- Sandals
- Rubber boots
- Sun hat/Cap
- Warm toque and gloves
- Camp shoes (closed-toe – used around camp on expedition during set-up, cooking, etc.)
- Plastic bowl, cup, utensils
- Hiking Backpack (see details below)

PIONEER CANOE ONLY:

- Waterproof Pack System (total 70-80L)
 - A) Dry bag(s) (preferred)
 - B) Pack with strong garbage bags to line
- Light-coloured, light cotton long-sleeved shirt and pants
- River shoes (sturdy, strapped, closed-toed sandals (Preferred) or old runners)

OPTIONAL:

neoprene gloves and/or socks

WHAT SIZE HIKING BACKPACK?



Mistayas: 50L

Kananaskins: 60L

Pioneer: 70-80L

OPTIONAL: Hiking poles



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TOILETRIES

- Sunscreen (non-aerosol), sunglasses, lip balm with SPF, insect repellent
- Toothbrush and toothpaste
- Soap, shampoo, and conditioner (small bottles are best)
- Comb or brush
- Deodorant
- Menstrual supplies if needed
- 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)

Tip: a labeled zip lock bag works well for storing toiletries

MISCELLANEOUS

OPTIONAL ITEMS

- Books and word puzzles for bedtime or downtime
- Small stuffed animal
- Pre-addressed, pre-stamped envelopes, paper and pen
- Disposable Camera
- Journal/Diary and Pen/Pencil

PLEASE LEAVE AT HOME

- Electronics (cell phones, iPads, gaming devices, etc.)
- Jewelry
- Candy or other food items
- Money
- Multi-tools
- Favourite toys/stuffed animals that would be greatly missed

TIPS & TRICKS

Duffle bags, hockey bags, or Rubbermaid bins are great for organizing clothes, and keeping them dry and secure in your cabin, tipi or yurt.

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. Wearing your hiking boots prior to arriving at camp is important. **This is mandatory to ensure your camper's comfort and success.**

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 packing a camelback style water bottle in addition to your 1L water bottles for easier hydration on trip!



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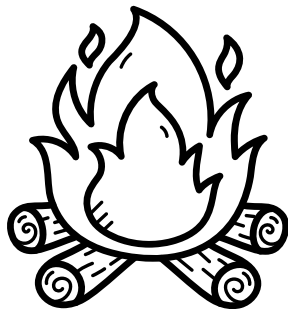
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WEATHER

- ✓ 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.

CHOOSING A PACK

- ✓ 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.
- ✓ Consider how you can keep gear dry – sending along strong garbage bags and/or a durable rain cover are both good options



HIKING BOOTS

Essential for covering uneven or rough terrain on day hikes.

Break them in before coming to camp by wearing them for 5 or more days. Breaking boots in helps to prevent blisters.

SYNTHETIC & WOOL

- ✓ Is better at wicking sweat
- ✓ Will dry faster
- ✓ Will stay warmer when wet

Cotton pulls heat from the body when wet and takes a long time to dry.

Quality gear is essential to your camper's comfort!

DRY BAGS

CANOE PROGRAM ONLY

- ✓ 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.

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.

Email us with questions... cchy@calgary.ymca.ca

