

6-DAY PACKING LIST

APPLICABLE FOR THE FOLLOWING PROGRAMS:

JUNIORS, MISTAYA 6 DAY, KANANASKIN 6 DAY, PIONEER 6 DAY

CLOTHING

- ☐ Rain jacket
- ☐ Rain pants
- ☐ 6-day supply of underwear
- ☐ Extra underwear (just in case)
- ☐ 6-day supply of socks
- ☐ 2 pairs of long pants
- ☐ 2 pairs of shorts
- ☐ 5 T-shirts
- ☐ 1 or 2 long-sleeved shirts
- ☐ 2 warm sweaters (fleece or wool preferred)
- ☐ 1 pair base layer (top and bottom)
- ☐ 1 pair pajamas

GEAR

- ☐ Day pack (school backpacks work!)
- ☐ Two 1-litre water bottles
- ☐ Warm sleeping bag (rated 0oC to -7oC)
- ☐ Pillow
- ☐ Blanket (for extra warmth and comfort)
- ☐ Flashlight or headlamp with spare batteries
- ☐ Towel
- ☐ Sturdy shoes (running shoes or hiking boots)
- ☐ Sandals
- ☐ Rubber boots
- ☐ Sun hat/Cap
- ☐ Warm toque and gloves

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



Email us with questions:
camp@ymcacalgary.org
SUMMER 2025

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- ✓ 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 belongings with first 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.

WEATHER

Activities 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.

TIPS & TRICKS

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.

CHOOSING A PACK

Try packing your backpack at home to make sure your sleeping bag, sleeping pad, and clothing fit with room to spare for group gear and food.

Consider buying a pack your camper can grow into over several years.

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!

NOT SURE WHERE TO START?

Check out The Great Outdoors: Junior Outfitters in Calgary, AB! They are a local store that is offering CCHY participants discounts off their purchases for Summer Camp 2025.

Bring your packing list and they will help you find all the supplies you need!

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