

# LEADERSHIP PACKING LIST

## LEADERSHIP HIKE, CANOE & EXCHANGE

### CLOTHING

- ☐ Rain jacket (durable, 100% waterproof)
- ☐ Rain pants (durable, 100% waterproof)
- ☐ 27-day supply of underwear (At least two sports bras if applicable)
- ☐ 27-day supply of socks (3+ wool hiking socks or Synthetic)
- ☐ 3-4 pairs of long pants (1 must be synthetic; 1 must be hiking)
- ☐ Minimum 3 pairs of shorts (2 must be synthetic)
- ☐ Minimum 7 T-shirts (3 must be synthetic or wool)
- ☐ 3 long-sleeved shirts (1 must be synthetic or wool)
- ☐ 2 warm sweaters (fleece or wool)
- ☐ 1 synthetic/down light jacket
- ☐ 2 pairs base layer (top and bottoms) (synthetic)
- ☐ 2 pairs of pajamas
- ☐ Inexpensive watch (not a smart watch)

### GEAR

- ☐ Day pack (school bags are usually a good fit)
- ☐ Two 1-litre water bottles (consider a camelback style in addition to a single water bottle)
- ☐ Warm sleeping bag (rated 0o to -7oC synthetic is preferred)
- ☐ Sleeping bag compression sac (will compress the sleeping bag so it takes up less space)
- ☐ Sleeping pad
- ☐ Pillow and blanket (for extra warmth onsite)
- ☐ 1 towels (one for showers)
- ☐ Sturdy shoes (running shoes or hiking boots)
- ☐ Sandals
- ☐ Rubber boots
- ☐ Sun hat/Cap
- ☐ Headlamp (and extra batteries)
- ☐ Warm toque and gloves
- ☐ Sunglasses
- ☐ Plastic bowl, cup, utensils

### CANOE ONLY:

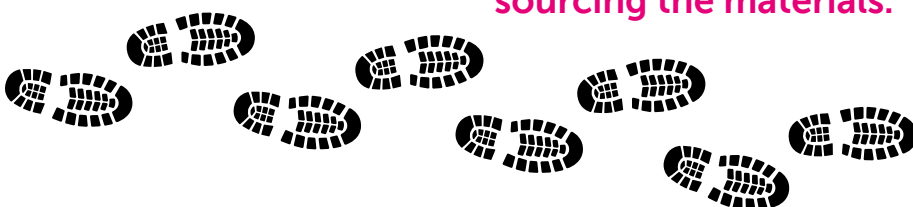
- ☐ 1 Swim suit – pack in day pack
- ☐ Dry bag(s) OR Pack with 6 strong garbage bags (to line packs to keep belongings dry) (80L)
- ☐ River shoes: sturdy, strapped, closed toed sandals or old runners.
- ☐ Camp Shoes (closed toe – kept dry, used around camp during set up and cooking)

### HIKE ONLY:

- ☐ Hiking pack (70-80L)
- ☐ 6 strong garbage bags (to line packs)
- ☐ Hiking Boots
- ☐ Additional compression sac for clothing items
- ☐ Camp shoes (closed toe – used around camp during set up, cooking, etc.)

OPTIONAL: Hiking poles

**Leadership Exchange needs to have both hike and canoe materials. If you will have any issue getting these items, please contact us so we can assist you with sourcing the materials.**



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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 ask your pharmacy to pack them in a blister pack with your camper's name located on the package for their duration at camp)

*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
- ☐ 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.

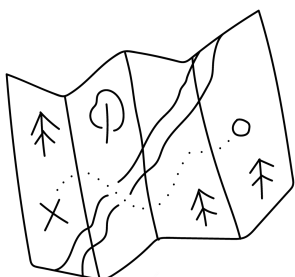
Label all items with name and last initial.

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!



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



# LEADERSHIP PACKING LIST

## LEADERSHIP HIKE, CANOE & EXCHANGE

### CHOOSING A PACK

#### HIKE PROGRAM ONLY

- ✓ 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

### DRY BAGS

#### CANOE PROGRAM ONLY

- ✓ 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

### 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

### 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!**

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