



YMCA Calgary
Camp Chief Hector YMCA
Summer Camp

CAMP CHIEF HECTOR YMCA INFORMATION FOR WORKING AT CAMP



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Building healthy communities



What should I bring?

- Your Criminal Record Check with Vulnerable Sector Search
- Direct Deposit Banking Information or Void Cheque

Labels are not just for campers! If you want to keep track of your stuff, put your name on EVERYTHING.

Packing for Camp

Many of the examples below of clothing and gear are from Mountain Equipment Coop (www.mec.ca). MEC supplies quality and economical outdoor gear. Similar items can be found at other stores as well.

RAIN JACKET AND PANTS

- Look for fully waterproof jacket & pant, made of durable material
- Rain pants are just as important as the jacket to help a person stay reasonably warm
- Examples of quality and economy: MEC Heavyweight Rain Coat & MEC Heavyweight Rain Pant.

WARM SLEEPING BAG

- The correct sleeping bag is rated to 0° Celsius, minimum (-7° recommended, generally)
- Synthetic filling (bulkier than down-feathers) stays warmer when wet; synthetic fill dries more easily
- An example of quality and economy: MEC Habanero sleeping bag -7° (-7° recommended, generally).

SLEEPING BAG COMPRESSION SAC

- You will find that your sleeping bag fills most of an overnight backpack, leaving little space for personal items, group food and group gear. A compression sac provides a solution to this problem. A compression sac is a sleeping bag stuff sac that has straps on the outside to compress the bag so that it takes up much less space. An example of quality and economy: MEC Outdoor Research Ultralight Compression Sac 25L.

FOOTWEAR

- Sandals – a pair of securely-attached sandals
- Runners
 - can be an old, worn-in & light pair of runners for “campsite shoes”
 - should be sturdy enough for light day-hiking in the mountains and/or portaging packs/canoes over portages
- Hiking Boots
 - Look for: comfortable fit, waterproof (with boot-wax or by design), sufficient support for multi-day backpacking, (wear boots in the store as you shop, in order to rate their comfort)

BACKPACK (if you are working in a position that leads camping trips in the summer season)

- Look for an internal frame, proper fit (ask for assistance in the store), simple design, appropriate volume:
 - 75 litres to 95 litres, though proper fit is the most important consideration
- Examples of quality and economy: MEC Alpinelite, MEC Ibex, or MEC Brio – select appropriate volume.
- On canoe trip, backpacks are waterproofed by lining with durable garbage bags
- Staff can also bring dry bags to pack their things for the trip: MEC Brooks Bag Dry Bag, MEC Transparent Dry Bag

SYNTHETIC (or wool) CLOTHING/SOCKS

- Synthetic or wool clothing keep their insulating qualities (they stay warmer) even when wet – unlike cotton fabrics and clothing; as well, synthetic or wool fabrics dry faster than cotton fabrics
- Cotton clothing, great for in-camp and short trips, is NOT recommended as the main clothing layers for a multi-day overnight camping trip. Wet or damp cotton becomes cold. Cotton is difficult to dry on a camping trip



LONG UNDERWEAR

- Synthetic or wool long underwear on a cold morning or during a rainy day makes the difference between comfort and distressing cold; synthetic or wool long underwear is light, easy to carry and easy to dry
- Example:Tops: MEC Midweight Underwear Crew ; Bottoms: MEC Expedition Stretch Long Johns

Complete list of items to bring:

- Rain jacket AND pants**
- Sleeping Bag**
- Sleeping Bag Compression Sac**
- Hiking Boots**
- Backpack (if you are working in a position that leads camping trips in the summer season)**
- Daypack**
- 21-day supply of underwear
- 21-day supply of socks
- 6 pairs of long pants
- 6 pairs of shorts
- 8 t-shirts
- 4 long sleeved shirts
- 4 warm sweaters – fleece or wool
- 2 pair pyjamas
- 1 bathing suit
- 1-litre water bottle (x2)
- Hat that will keep the sun off the head, ears, and face
- Sunglasses, sunscreen, sun block lip balm, insect repellent
- Pillow and Blanket (extra warmth on chilly nights and for our closing ceremony)
- 2 towels – one for showering and one for swimming
- Laundry bag
- Flashlight or headlamp
- Sturdy pair of shoes that can be worn walking (running shoes work well)
- Sandals or water shoes
- Bug net – OPTIONAL – Mosquitoes and other insects live in our environment at camp and are often especially abundant in July. A bug net is hung over the bed to keep insects away during the night
- Camera
- Books and word puzzles for bedtime and downtime to play with young campers
- Paper, envelopes and stamps

A labelled zip-lock bag works well for storing toiletries.

- Toothbrush and toothpaste
- Soap, shampoo and conditioner (small bottles are best)
- Comb or brush
- Deodorant

PACKING

A Rubbermaid type bin or a duffle or hockey bag work well for organizing clothes and keeping them dry and secure in the tipi. A Rubbermaid Roughneck Tote (37.9L fits under bunk beds and 53L or 68L work well, too)

International staff can order online from MEC and have it shipped to camp so it is waiting for you here.



What is tipi living like?

During the spring and summer seasons, counselling and program staff live in tipis. These historic native dwellings are equipped with floor boards, bunk beds and a fire pit in the middle and are quite cozy even during cool spring nights.

Spring and summer counselling staff live in tipis with their campers. Counsellors with the Sunship Earth program in the spring and Bowfort staff in the summer may occasionally live in cabins with their campers.

Resource staff, program staff, and support staff live in tipis with other staff members. Site services staff members (kitchen and maintenance) live in indoor accommodation on site.



What and where is the nearest town?

The town of Canmore is located 20 minutes (by car) west of Camp Chief Hector YMCA. Canmore is a great place to spend some time off. You can find restaurants, laundromats, a hospital and medical clinics, grocery stores, and quaint mountain tourist shops surrounded by great views! If you drive an extra 20 minutes west from Canmore, you get to Banff National Park and the town of Banff. Calgary is the nearest city, and it is about a 60 minute drive east of camp along the Trans Canada Highway.

How do I get to camp at the start of my contract?

At lunchtime on the day each contract starts, we will have scheduled pickups in Canmore. If you are flying to the Calgary International Airport, there is a shuttle bus company ([The Banff Airporter](#)) that makes regular trips to and from the Calgary Airport and Canmore. You may not arrive on-site early for your contract start date. All summer contracts begin at 2pm on the first day.

Where can I do my laundry?

There are coin-operated washers and dryers on site, and laundromats in Canmore. The facilities at camp are handy, but it is sometimes hard to get your laundry done if many other staff are trying to do theirs as well. The laundromats in Canmore are big and you can get lots of loads done at a time! At all places, you'll have to provide your own soap and coins. It is \$4 to wash and dry a full load.

When and how can I make phone calls and check my email?

We have pay phones and landlines for staff members to use – a long distance phone card is required. Phone calls can be made from site phones or personal cell phones only when you're on time off and out of view of campers. We have computers at each lodge that are available for staff to check e-mail during time off. Staff are also welcome to bring laptop computers to use on time off. There are also a lot of internet cafés in town to check your email.



How does time off work?

Days off work differently for each season and section at camp. If you are working one week camps in the summer, campers visit from Sunday to Friday. These staff are off work Friday night and Saturday every week. If you are working with a two-week program, your campers are here from Sunday to the next Friday. You have every second Friday night and Saturday off. During the time that the campers are here, you have 24 hours of time-off to take in two "blocks of time" that fit with your schedule. There will also be 24 hours during the session that your partner is off as well. Those working 27-day or 56-day sessions will arrange time-off with their supervisors.

A number of staff choose to go home on time off while others chose to stay at a hostel in Canmore or just relax around camp – you are welcome to stay here on time off... consider camp your home for the summer! What you choose to do on time off is up to you. In general, staff tend to become good friends quite quickly and time off is enjoyed together. A number of staff come with vehicles but taxis can also come here from Canmore (a van costs \$50 each way). We start on Sunday mornings at 8:00am for breakfast and finish at 3:30pm on Fridays (5pm for Day Camp staff).

You are not allowed returning to camp on time off if you have had more than two drinks (you need to legally be able to operate a motor vehicle). If you choose to drink more than two alcoholic beverages, other sleeping arrangements need to be made.

During the week when campers are on-site, one counsellor can leave the tipi each evening once campers are in bed and enjoy some staff socializing/personal time from 9pm – 10:30pm. This extra time off must take place on-site and only in the middle of the session (both counsellors need to be present in the tipi on the first and last night of each session).

What is the policy on smoking, alcohol, and drug use at camp?

We have a zero-tolerance policy for all of the above. While you are at camp or involved in a camp activity, our policy is that you will not smoke or consume alcohol or drugs, nor be under their effects, nor have performance suffer by having used these products. If you choose to use these products, or if you have any in your possession, your contract will be terminated immediately.





Helpful links

Mountain Equipment Co-op (outdoor clothing and equipment) www.mec.ca

The Hostel Bear (accommodation in Canmore) www.thehostelbear.com

Bow Valley Weather Reports [Bow Valley Weather Forecast](#)

Paddle Alberta (canoeing course descriptions) www.paddlealberta.org

Rocky Mountain Adventure Medicine (first aid course descriptions) www.adventuremed.ca

Banff Airporter (transportation from the airport to Canmore) www.banffairporter.com

Travelling between Canadian cities: West Jet www.westjet.com; Air Canada www.aircanada.com

A typical day at Camp

7:30 am Wake up, and Early Morning Club for those who would like to be active before breakfast.

8:15 am Table setters: Two members of each group go to the lodge to set their group's table.

Flag raising: Groups gather around their section's flagpole and sing O' Canada

8:30am Breakfast, introduced by a song of thanks.

10:00am Morning programming

12:15pm Table setters

12:30pm Lunch

2:00pm Afternoon programming

5:15pm Table setters

5:30pm Supper

7:00pm Freebies (a rotating choice of activities for campers to choose from) and evening activities

8:30pm Snack, appreciations and getting ready for quiet time

Please call or email us if you would like more information or suggestions while you are making your travel plans or if you have any questions about working with us this summer.

