



FAMILY CAMP 2014 – Bowfort Lodge


The following document lists detailed information about arriving, packing, and our cancellation policy. Please read this information and contact Aly Topping if you have any questions at atopping@calgary.ymca.ca or 403-673-3858 ext 300.

Arrival/Departure

Please arrive between 10:00am – 10:30am on the opening Sunday. We will begin our community meeting and activity sign-up at 11am sharp. This arrival time will ensure that schedule sign up and explanations are completed before lunch so that the Sunday afternoon program block can be full-length. Lunch on the opening Sunday will begin at 1:00pm to allow for this schedule – the first program block will begin at 2:00pm.

Please park in the Bowfort parking lot and check-in at Bowfort Lodge. Camp will finish directly after lunch on the Friday.

Sample schedule:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARLY MORNING RUN CLUB (7:15am – 8:15am) - Meet at the Flagpole					
BREAKFAST 8:30AM (Table setters 15 minutes before the meal)					
Arrival 10am	10am – 12pm	10am – 12pm	10am – 12pm	10am – 12pm	Pack belongings before activity block 10am – 12pm
Community Meeting 11am	Stick Carving and Wood Working	Team Swing	Campfire Cookout	Children's Garden and Adventure Playground	Animal Game
LUNCH 12:30PM (Table setters 15 minutes before the meal)					
LUNCH 1PM TODAY	2pm – 4pm	2pm – 4pm	2pm – 4pm	2pm – 4pm	
2pm – 4pm	Trail Ride	Soapstone Carving	Half Day Hike	Arena Ride	
FREETIME FROM 4:15 – 5:15PM (Relax, read a book, play hockey or basketball, finish a craft, swim at the pool, family time, etc)					
SUPPER 5:30PM (Table setters 15 minutes before the meal)					
6:30pm – 8pm	6:30pm – 8pm	6:30pm – 8pm	6:30pm – 8pm	6:30pm – 8pm	Thank you for coming to the Camp Chief Hector YMCA!
CAMPFIRE	Canoeing	Djembe Drum Circle	Canvas Painting	GRAND COUNCIL (Bring a blanket)	
Appreciations and Snack 8:15 – 8:30PM					
Tween Time/Teen Time 9PM – 10:30PM					
ADULT SOCIAL IN THE OLD LODGE AND COUNSELLOR BUNK WATCH 9PM – 10:30PM					



YMCA Calgary

Camp Chief Hector YMCA Summer Camp

Packing for Family Camp

Our weather during the summer can range from hot, dry days to cold rain and even snow. Evenings are typically quite cool. We find that MEC (www.mec.ca) has quality and economical outdoor gear for campers of all ages. The items on our packing list can be found at other stores as well.

A Rubbermaid-type bin or a duffle or hockey bag work well for organizing clothes and keeps them dry and secure.

CAMPERS MUST BRING:

Rain Jacket and Pants

- Look for a fully waterproof jacket & pant, with durable material
- Rain pants are just as important as the jacket when we play outside in the rain

Daypack

- Look for a backpack with two straps that is used to carry necessities (water bottle, raingear, sweater, sunscreen, camera, etc). School bags are typically a good fit

Running Shoes and Sandals

- We do a lot of walking and hiking around camp! Sturdy foot wear is required

Warm Sleeping Bag/Bedding

- A sleeping bag will be your bedding if you are staying in a tipi/yurt; the sleeping bag should be rated to between 0 and minus 7 Celsius
- Bedding that fits single beds can be brought for the bunk beds in the Clusters and Longhouse; sleeping bags are preferable for bunk beds in the tipis

Please do not bring digital and electronic devices to camp (cell phones, iPods or gaming devices)

- Campers and staff coming to Camp Chief Hector YMCA Summer Camp are making a choice to be in-the-moment with their group and with their surroundings. Jewellery, money and candy should also not be brought to camp. Arrangements can be made for adults needing to work or check email during their stay with us.

Complete list of items to bring:

- **Rain jacket and pants, day pack, running shoes and sandals, warm sleeping bag/bedding** (see tips above)
- Water bottle
- 6-day supply of underwear and socks
- 2 pairs of long pants; 2 pairs of shorts
- 4 T-shirts; 2 long sleeved shirts
- 2 warm sweaters
- 1 pair pyjamas
- 1 bathing suit
- A hat that will keep the sun off the head, ears and face
- Sunglasses, sunblock, lip balm, insect repellent
- Pillow
- Blanket – for extra warmth on chilly nights and for our closing ceremony
- 2 towels – one for showering and one for the pool/waterfront
- Laundry bag
- Flashlight or headlamp – with fresh batteries



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- A labeled zip-lock bag for storing toiletries
 - Toothbrush and toothpaste
 - Soap, shampoo and conditioner (small bottles are best)
 - Comb or brush
- Warm toque and mitts
- Rubber boots
- Camera (we recommend a disposable camera)
- Books and word puzzles for bedtime and downtime; paper, envelopes and stamps
- Alcohol and snacks (no nuts please) that you may want to consume during Adult Social in the evenings

Lost and Found

Please consider leaving 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. We highly recommend labeling all items that come to camp.

Camp Chief Hector YMCA is happy to keep, for 2 weeks following each session, labeled lost and found items such as backpacks, water bottles, pairs of shoes, quality clothing and rain gear. Please contact us at 403-673-3858 ext 223 with a description of the lost item. We will contact you if it has been found. Items such as socks and toiletries will not be kept.

Other information available at our [website](#) including the following topics

Map and directions to Camp	Safety and Risk Management
Camper Medical Information and Transportation at CampFax Family Zone (must be completed at least 2 weeks prior to your child's camp start date)	Cancellation Policy

Directions to Camp Chief Hector YMCA from Calgary

Travel west on Highway 1 (Trans-Canada Hwy.) approximately 75 km from Calgary city limits. Exit onto Highway 1X South (Rocky Mountain YMCA exit number 114A). This is a dual exit; 114A is the second one. The road takes you across the highway to a STOP sign at a "T" intersection. Turn right and follow the road to the camp gate. From the camp gate follow **YMCA Road** to Bowfort Lodge and Bowfort parking lot.

