

WANAKITA
THE TIME OF YOUR LIFE - SINCE 1953
YMCA

YMCA WANAKITA OUTDOOR CENTRE

Experience Planning Guide

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ymcawanakita.ca

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Hamilton
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What is YMCA Wanakita Outdoor Centre?

Since 1973, throughout the fall, winter and spring months, the YMCA Wanakita Outdoor Centre has provided a welcoming, supportive, and challenging environment for a wide range of individuals and groups of all ages. Located on a 1000 acre property on the shores of Koshlong Lake in the Haliburton Highlands, Wanakita has an abundance of forest and wetlands for use in all seasons.

Hosting thousands of participants each year, we pride ourselves on delivering high quality outdoor education and recreation programs to people of all ages. Our goals are to:

- Encourage participants to lead healthy, active lifestyles through engagement with the outdoors and experiences in nature.
- Teach participants about working with others, cooperative living, friendship and interdependence.
- Structure programming around the YMCA's vision of creating healthy communities in which individuals and families have opportunities to reach their potential.
- Make decisions informed by the core values of Caring, Honest, Inclusion, Respect and Responsibility.



What We Offer

Our Outdoor Centre Team will work with you to create an experience that meets the goals for your group. Whether you are looking to foster community, build leadership or simply have fun in the great outdoors, we are excited to work with you to create an engaging program that is not soon to be forgotten.

Programs are delivered by trained Wanakita instructors, with potential for collaboration from your faculty and participants. Wanakita programs are designed with reference to industry standards such as Ontario Camping Association Standards, Ontario Physical Health and Education Association (OPHEA) standards as well as other industry guidelines and standards.

Please ask the Outdoor Centre Team for more details.

YMCA Wanakita Outdoor Centre Program Activities

Spring / Fall Activities	Winter Activities	All Season Activities	
• Archery	• Broomball	• Action Auction	• Iron Chef
• Canoeing	• Cross-Country Ski Lesson	• Campfire	• Low Ropes
• Kayaking	• Cross-Country Ski Trek	• Capture the Flag	• Night Hike
• Lunch Cookout / Canoe	• Night Hike Across the Lake	• Crafts	• Orienteering – Compass
• Overnight Campout	• Orient: Map & Compass / Snowshoe	• Disc Golf	• Orienteering – Discovery
• Polar Bear Dip / Morning Dip	• Quinzhee Sleepout	• Drumming	• Plutonium Defenders
• Voyageur Canoeing	• Snowshoeing	• Eco-Hike	• Running Pictionary
	• Tobogganing	• Fire Building	• Scavination
		• High Ropes	• Survival
		• Initiatives	• WALO

Please Note: *Activities listed are not all-encompassing. Please plan with the Outdoor Centre Director Team if you want to include an activity in your group's visit that is not included on our list.*

Rotation Activities

During the day, groups visiting Wanakita will be split into groups of approximately 15 participants and 1 group leader/chaperone to partake in activities in a rotation style format. Each group rotates through pre-determined activities, so every participant can experience each activity in its entirety. One of our staff will lead and instruct activities for each rotation group to provide a safe, educational and enjoyable experience. Activities will be planned with the Outdoor Centre Director Team prior to arrival and group leaders are asked to create and submit rotation groups to the Outdoor Centre Director Team prior to arrival.

Archery (Grades 5 & up)
Participants will learn about safety, history and basic archery technique, before practicing shooting a bow-and-arrow in exciting target practice activities.

Canoeing (Grades 5 & up)
This lesson begins with an on-land component where participants learn about safety, care of equipment, canoe strokes and paddling maneuvers before taking to the water to put their learning into action. Lessons can focus on fun and games or refinement of canoeing skills. This is a great opportunity to learn the basics of canoeing.

Kayaking (Grades 5 & up)
Kayaking lessons emphasizes safety, history, care of a kayak and its associated equipment, kayaking strokes, paddling maneuvers, games and fun. Groups may paddle the lake or explore a local swamp close up!

Voyageur Canoeing (Grades 1 & up)
Perfect for less confident paddlers, this fun paddle program will teach teamwork and cooperation, while giving participants the opportunity to explore the lake. Our voyageur canoes can fit roughly 8 participants, allowing them to gain basic canoe skills in a controlled environment.

Rotation Activities *continued*

- **Broomball** (Grades 5 & up)

A mix of hockey and soccer, Broomball is a team sport played on ice, with sticks resembling brooms and boots instead of skates. A fun and energetic program great for all skill levels, there is focus on fair play and teamwork. Participants are provided with full cage hockey helmets, knees pads and elbow pads.

- **Cross-Country Ski Lesson** (Grades 5 & up)

This lesson begins with a brief history of cross-country skiing, followed by equipment sizing and use, instruction on a flat ski field and an introduction to hill techniques.

- **Cross-Country Ski Trek** (Grades 5 & up)

Building on the skills learned in their Cross-Country Ski Lesson, participants will take to the trails for a longer Cross-Country Ski Trek. Cross-Country Ski Lesson is a prerequisite for Cross-Country Ski Trek.

- **Orienteering – Map & Compass Snowshoe Trek** (Grades 9 & up)

This is a program designed as a team-building activity for older participants. Participants are given the responsibility to take turns leading the group off-trail through the woods, using a map and compass. After a thorough lesson on how to use a map and compass, participants will pack a lunch (or bring food for a cook-out) and head out into the woods for several hours, returning back to camp before dinner.

- **Snowshoeing** (Grades 1 & up)

In this lesson, participants will learn about the history of snowshoeing and proper use of different snowshoe types/styles before taking to the forest to explore, play games, and learn about winter ecology.

- **Tobogganing** (Grades K & up)

Fun for all ages, this program allows participants to experience downhill fun using Wanakita's winter tobogganing sleds and tubes on our single-track hill. Mandatory helmets are provided.

- **Crafts** (Grades K & up)

A variety of indoor and outdoor crafts are available. Focused on history, culture or simply creativity and fun, crafts are a great break from the other high-energy activities we offer.

YMCA WANAKITA PROGRAM ACTIVITIES



YMCA WANAKITA PROGRAM ACTIVITIES



Rotation Activities *continued*

- **Disc Golf** (Grades 4 & Up)

With our mobile disc golf targets, groups create their own custom disc golf course around the Wanakita site. Frisbees are supplied and groups travel around choosing where to place the target for each hole. From open fields to forests, groups can make their course as easy or as hard as they want. A score can be kept or participants can simply play for fun!

- **Drumming** (Grades 1 & up)

Fun for all skill levels, this program starts with an introduction to drumming and explores rhythm using various types of instruments and music activities.

- **Eco-Hike** (Grades K & up)

In this program, participants will hike through the forest exploring and learning about the natural ecology of the land. The hike culminates at a wetland with an up-close look at a real beaver dam and beaver lodge. With a little luck, you might just see a beaver in its natural habitat!

- **Fire Building** (Grades 4 & up)

A hands-on program with the goal of teaching participants how to build and maintain a fire. Participants will learn about fire safety and fire structure before building their own fires from materials found in the forest! Fire building is a great program to precede an over-night campout or lunch cookout.

- **High Ropes** (Grades 5 & up)

With a focus on communication and teamwork, groups can choose from a variety of high ropes elements made of wood, rope and cables to include in their visit. Participants are provided with harnesses, helmets and a full safety lesson prior to climbing and all high rope elements are "challenge by choice". Wanakita offers dynamic style elements through our Dangle Duo, Climbing Wall, Team Tower, Teeter Totter and our four-sided Quadzilla. Static style elements are also offered through our Challenge Course. In the winter, accessibility to certain courses may change.

** Due to staffing requirements, there is an additional flat fee for the Challenge Course.*

Rotation Activities *continued*

- **Initiatives** (Grades 5 & up)

Working through the "adventure sequence" that develops various group dynamics including trust, communication and cooperation, participants will be faced with various challenges that they must overcome by working as a group. A variety of tasks and physical activities are explored which can include getting the entire team over a 15 foot wall or solving a challenging mind game.

- **Iron Chef** (Grades 9 & up)

This program is designed to promote independence, team building and friendly competition as small groups of participants face off in a cooking contest. Given only foods that mimic what may be found in a half-stocked pantry, participants must make an impressive, tasty dish with minimal food waste. If they desire more ingredients, they must complete an assortment of fun challenges. The program culminates in a tasting hosted by our Wanakita Master Chefs (teachers, chaperones, instructors)!

- **Low Ropes** (Grades 5 & up)

Built directly into the forest with cables, ropes and tires 2 – 4 feet off the ground, participants aim to make it across each element with the support of two team members ("spotters") without touching the ground. There are team-focused elements incorporated into the low ropes course as well.

- **Orienteering – Compass** (Grades 5 & up)

This program focuses on compass-reading skills. Participants will learn the science and technique behind using a compass for navigation. After practicing, participants will be put their learning into action by completing our compass orienteering course in small groups. Participants will shoot bearings to find markers around the Wanakita site and each found marker will provide participants with a new bearing they will use to find the next marker.

- **Orienteering – Discovery** (Grades 5 & up)

This program focusses on map-reading skills and is a great introduction to navigation for younger participants. Participants will learn about maps and how to read them before attempting our discovery orienteering course in small groups. Participants must use a map to find various markers around the Wanakita site.





Full Group Activities

Anytime during the day or evening, groups are welcome to partake in full group activities in which all participants are doing the same activity at the same time. Full Group Activities can occur at anytime but some are better suited for the early morning, afternoon/lunch or the evening. Activities will be planned with the Outdoor Centre Director Team prior to arrival.

- **Lunch Cookout/Canoe** (Grades 5 & up)

By either canoeing across the lake to a campsite or hiking to a fire pit tucked away on our site, participants will transport and cook their lunch over a fire. Other activities may include learning fire-building techniques, playing group games or exploring the surrounding woods. Groups choosing to canoe for their cookout are required to complete a canoeing lesson prior to this activity.

- **Overnight Campout** (Grades 4 & up)

A short paddle across the lake or a walk through the forest will bring participants to a campsite where they will cook their own meals and sleep in tents for the night in traditional camping style. Groups will be split into smaller manageable groups of up to 15 participants to fit on each campsite and participants will learn outdoor camping skills, including setting up camp, site selection, and cooking. Other activities may include learning fire-building techniques, playing group games or exploring the surrounding woods. Groups choosing to canoe for their overnight are required to complete a canoeing lesson prior to this activity.

**Please discuss interest in this program with our team well in advance.*

- **Polar Dip/Morning Dip** (Grades 5 & up)

Perfect for the early morning riser, this program allows participants to jump in the lake before breakfast. Lifeguards will be on the dock to safely guard anyone who wants to brave the chilly morning water of Koshlong Lake.

- **Scavination** (Grades 2 & up)

A camp-wide scavenger hunt, this program has small groups of participants travel around the Wanakita site finding objects and answering questions related to the great outdoors all while racing against the clock and other groups.



Full Group Activities *continued*

Quinzhee Sleepout (Grades 9 & up)
Designed to provide participants with a uniquely Canadian winter experience, this program allows participants to learn about quinzhee structure and cold weather safety prior to constructing their own quinzhee. Participants will work together to pile snow, then dig it out the next day after it sinters to create a space to sleep in for a night. Other activities during the sleep-out may include campfire songs, astronomy and group games. Shovels and sleeping pads are provided; however please feel free to bring your own equipment. Quinzhees are built to sleep a maximum of 4 people and heated accommodations are located nearby if participants get too cold.

**Quinzhee Sleep-outs are snow availability dependent.*

Action Auction (Grades 2 & up)
This fast-paced auction has groups split into teams to buy random auction items using Wana-Bucks. Auction items will then be used in a surprise challenge that is revealed at the auction's close.

Capture the Flag (Grades 2 & up)
Play the classic game of capture the flag on Wanakita's large, forested site. Groups will be split into two teams, given hypoallergenic face paint, and let loose to steal their opponent's flag!

Plutonium Defenders (Grades 2 & up)
An enhanced version of capture the flag, plutonium defenders is played with two teams, each provided with two backpacks of "plutonium". One backpack has real 'plutonium' while the other has fake 'plutonium', however participants do not know which one is which. Groups must steal their opponents backpacks with the goal of having two real 'plutonium's' at the end.

YMCA WANAKITA PROGRAM ACTIVITIES

Running Pictionary (Grades 2 & up)
A high energy version of the conventional game of Pictionary, participants will be split into small teams and team members will have to run and find hidden staff members to receive the word they have to draw for their team. This cycle continues with the challenge of getting as many words as possible!

Survival (Grades 5 & up)
Played with all the people in your group, participants will take on the role of various animals to see what is needed to survive in the wild. Assigned to be either a herbivore, omnivore or carnivore, participants must collect food and water while avoiding getting caught by other animals, the human hunter or other natural elements.

WALO: Water Air Land Olympics (Grades 5 & up)
This relay-type race takes place in groups across site and is designed to incorporate skills learned over the course of your group's visit. A fast-paced team building and spirit program, WALO is the perfect consolidation activity to end off your stay!

YMCA WANAKITA PROGRAM ACTIVITIES



Evening Activities

Night Hike Across the Lake (Grades 5 & up)
One of our most-loved programs, this activity is a can't miss experience. Participants will hike across the frozen lake following a candle-lit trail, before arriving at a roaring campfire for stories and hot chocolate.

Campfire (Grades K & up)
A traditional camp activity and a great way to end the day, this program has our staff performing songs, skits and stories for participants around a roaring campfire. Indoor or outdoor campfires are available as well as the option for Wanakita staff led performances or participant led performances. A casual campfire with s'mores and no performances is also an option.

Night Hike (Grades 5 & up)
Following a candle-lit lantern, participants will venture into the forest in groups to explore their senses in nature without the disruption of city lights or sounds. Sensory & discovery-oriented activities presented during this hike are designed to increase comfort levels in the dark and foster a sense of wonder and appreciation for the natural world a night. Participants will learn about animals, animal adaptations and human adaptations to the dark. With some luck and patience, you might even hear owls calling! On clear nights, there may be an opportunity to learn about constellations and the night sky.

Options Time

Many groups like to schedule a "free-time" or "choice period" option where participants can relax or take part in unscheduled activities during their time at Wanakita. Free-time options vary depending on the time of year, resources available and weather conditions. This is also a great opportunity for group leader/chaperone led activities, meetings or debriefs. Please discuss free-time options with the Outdoor Centre Director Team while planning your groups visit.

Free-time activities are group leader/chaperone supervised.

** In the winter, weather permitting, a skating rink may be available for use on the lake. Please speak to our Director Team for more information.*

YMCA Wanakita Outdoor Centre Planning Schedule

ARRIVAL: Weekday Groups -1:00pm • Weekend Groups - 6:00pm **DEPARTURE:** All Groups -1:00pm
NOTE: Need to depart before lunch? Bagged lunches can be made available to take with you for the trip home.

GROUP: GRADE: DATE:
CONTACT: SITE:

	DAY 1	DAY 2	DAY 3
MORNING	**THIS IS A SAMPLE SCHEDULE** Bagged Lunch brought by students 1:00pm Arrival, move into cabins, site tour	7:30 Polar Bear Dip 8:00 Setters 8:15 Breakfast 9:15 Rotation 2 10:45 Rotation 3 12:15 Setters 12:30 Lunch	7:30 Pack up, clean cabins and move bags to Fenton Hall 8:00 Setters 8:15 Breakfast 9:15 Full Group Activity or Rotation 6 11:00 Trip Debrief 11:45 Setters 12:00 Lunch
AFTERNOON	1:30 Community Greeting and Large Group Games 2:30 Rotation 1 4:00 Options time 5:00 First Meal Meeting 5:15 Setters 5:30 Dinner	1:30 Rotation 4 3:00 Rotation 5 4:30 Options time 5:15 Setters 5:30 Dinner	1:00 Departure
EVENING	6:30 Full Group Activity 7:30 Evening Activity 8:30 Snack	6:30 Full Group Activity 7:30 Evening Activity 8:30 Snack	
NOTES	Sample Rotation Activities: 1. Low Ropes 2. Canoeing 3. Fire Building 4. High Ropes - Climbing Wall 5. Archery		

MEALS AND ACCOMMODATIONS

GROUP SPECIFICS



Meals & Accommodations

MEALS AT WANAKITA

Wanakita's kitchen staff provide delicious and nutritious meals three times a day, as well as an evening snack. Breakfast is supplemented with an oatmeal bar with numerous toppings, and lunch is complimented by a salad bar and soup options! The kitchen staff can accommodate a wide range of dietary restrictions including vegetarian, vegan, lactose intolerant, gluten intolerant, and most other allergies and food restrictions. All group leaders are asked to submit their group's dietary information at least 2 weeks in advance for our kitchen staff to have time to prepare exciting meals which meet your needs. Do you need to depart earlier than a lunch meal? Ask us about bagged lunch options for your group.

WANAKITA CABINS

The cabins at Wanakita are designed for community living. Each cabin can sleep up to 12 people. On the West side of camp, there is a mix of traditional and modern cabins. All cabins have a main room with bunkbeds capable of sleeping 10 with a private room that can sleep 1-2 separated by curtain. Modern cabins also have a toilet, sinks and a shower. The East side cabins are all traditional style cabins. On both sides of camp there are centrally located washhouses available steps away from the cabins. All cabins have electricity, mattresses, and basic shelving storage. Personal bedding is not provided. They are a great space to call home during a group's stay!

GROUP LEADER/CHAPERONE ACCOMMODATIONS

During your stay, Wanakita has separate accommodations available for group leader/chaperone should they not want to stay in the participant cabins. Included in these heated accommodations are smaller, more private rooms, communal living room space, full kitchen, full private washrooms and WIFI accessibility. Participants will be made aware of the location of these cabins in case of emergency.

Group Specifics

GROUP LEADER/CHAPERONE EXPECTATIONS

Prior to Arrival

- Contract Agreement and 10% non-refundable deposit sent to Wanakita in order to secure booking.
- Packing list distributed to all participants.
- Group chaperone information distributed to all chaperones.
- Program activities and schedule needs confirmed with Wanakita.
- Final numbers of participants, including group leaders/ chaperones, confirmed with Wanakita.
- Dietary and medical information sent to Wanakita at least 2 weeks prior to your visit.
- Participants divided into rotation groups (Groups of approximately 15 participants with 1 group leader/chaperone assigned per group) and cabin groups (Groups of max 12 participants per cabin) with lists of who is in each rotation group and cabin group sent to Wanakita.
- Arrival and departure times confirmed with Wanakita.
- Birthdays and any special requests confirmed with Wanakita.
- Emergency vehicle arranged to be available at Wanakita for duration of visit (for the groups to transport participants to the hospital or other off-property requirements).

Upon Arrival

Group leaders/chaperones will meet with their group's Facilitator to review on-site responsibilities, policies, and to confirm the following:

- Final numbers of participants, group leaders and chaperones.
- Dietary & medical information, behavioural issues, and birthdays.
- Schedule to ensure it meets group expectations.
- Confirm a group leader/chaperone is assigned to each rotation group.

While at Wanakita

Wanakita staff are primarily focused on instructing program activities and managing participant safety. Group leaders/chaperones are asked to take responsibility for participant behaviour and conduct. Group leaders/chaperones are tasked with the following responsibilities:

- Ensuring a group leader/chaperone is with each rotation group during rotation programs.
- Being present and engaged during full group activities and evening programs.
- Supervising options time activities.
- Supervising participants during mealtimes. Wanakita staff will be present during mealtimes and able to answer questions/assist with mealtime procedures but are also required to have a break so please ensure to manage participants at these times.

Evening Supervision

Once Wanakita programs have ended in the evening, Wanakita staff are off-duty until the following morning. There will be a Wanakita staff assigned to be on-call throughout the night that can be contacted via radio but it is the responsibility of group leaders/chaperones to coordinate bedtime and evening supervision until breakfast the following morning. Group leader/chaperone responsibilities during this time include:

- Checking in on participants throughout the evening, night and morning.
- Being available to participants in the event of an emergency or concern during the night, just like visiting a hotel or any other overnight excursion. Participants will be shown where group leader/chaperone accommodation is located.
- Communicating with on-call Wanakita staff should an emergency occur.
- Waking up participants if they have no way of waking themselves up.

Group Specifics *continued*

Phones/Internet

- Landline phones are available in the dining halls for personal calls. If an important or confidential work call needs to be placed, please speak with your group facilitator and a private space can be arranged.
- Wi-Fi is available in the dining hall and Lakeside Cottages on the west side of camp and in the dining hall on the east side. Instructions on how to connect to these networks will be posted in these spaces. Speak to your group facilitator if you have internet problems or if you cannot connect to the network.
- Full immersion into the Wanakita experience is encouraged so we ask that participants refrain from bringing electronic devices (ex. laptops, cell phones, etc.) to Wanakita. As such, we ask that group leaders/chaperones enforce this policy with participants and refrain from using cell phones or personal electronic devices in the presence of participants.

General Involvement

- We want all group leaders/chaperones to have fun at Wanakita and we encourage group leaders/chaperones to participate as much as possible in all of the programs offered during their stay. Wanakita staff will lead all of the programs and activities, however, as with any field trip, the ultimate responsibility for the care and conduct of your participants falls to the group leaders/chaperones. Please let all participants know your expectations and those of Wanakita prior to your visit
- Please assist participants that need additional support to ensure they arrive at scheduled activities and meals on time.



Group Specifics *continued*

Additional Notes for Groups

- Lunch is **NOT** provided on arrival day. Please ensure you make plans to eat lunch before arrival or bring a bagged lunch that can be eaten at Wanakita upon arrival.
- Transportation to and from Wanakita is the responsibility of the visiting group.
- Groups must bring an emergency vehicle with them that they can use for emergency purposes. Wanakita cannot offer transportation off the property.
- YMCA Wanakita is a non-smoking and alcohol-free facility during school group visits.
- Quiet hours are from 10:00pm until 7:00am; please respect other groups who may be participating in programs on the site as well as our neighbours on Koshlong Lake.
- Cabins will be examined before and after each use. In the event of graffiti, damage, or maintenance requiring beyond normal cleaning, the cost of any repairs will be included with the groups invoice.

Please be aware that we are a nut sensitive site and ask that snacks that contain nuts are not brought to Wanakita.



GROUP SPECIFICS



Suggested Clothing & Equipment List for Spring & Fall Programs

Based on a 3-day visit

CLOTHING			BEDDING / TOILET KIT		
#	✓	Item	#	✓	Item
1		Rain suit – Water proof/resistant jacket & pants	1		Sleeping bag or blankets and a sheet
3 – 4		T-shirts	1		Pair of pyjamas
2		Long sleeved shirts	1		Pillow
2		Sweaters	1		Shower supplies (soap, shampoo, etc.)
2 – 3		Pairs of pants (preferably not jeans)	1		Comb/Brush
2 – 3		Pairs of shorts	1		Shower Towel
3 – 4		Pairs of underwear	1		Toothbrush & Toothpaste
4		Pairs of socks	1		Bottle of sunscreen
1		Pairs of outdoor shoes/hiking shoes/rain boots	**IF PARTICIPATING IN AN OVERNIGHT CAMPING TRIP**		
1		Sun hat	1		Foam/air sleeping pad
1 – 2		Bathing suit(s)	1		Sleeping bag
1		Beach towel	1		Extra set of warm pajamas
1		Warm jacket (for colder weather)			
1		Toque (for colder weather)			
1		Day pack – to carry personal items			

EXTRAS			THINGS TO LEAVE AT HOME	
#	✓	Item		Item
1		Flashlight/headlamp	**X**	Junk food, pop, candy or gum
1		Water bottle	**X**	Laptops, radios, gaming systems
1		Watch	**X**	Cell phones
1		Sunglasses	**X**	Pocket knives
1		Laundry bag		
1		Indoor Shoes/slippers	**X**	**Please be aware that we are a nut sensitive site and ask that snacks that contain nuts are not brought to Wanakita.**
1		Bug jacket or head net		
1		Camera (optional)		
1		Musical instrument (optional)		
1		Games/cards for cabin (optional)		

REMEMBER:

- No need to go out and buy the "proper gear": Thrift/second hand stores are great places to purchase clothing if necessary.
- Be prepared to be outside and to expect a variety of weather conditions (sun, rain, cool, warm).
- Try to bring footwear that can get wet as we often are outside in wet weather. Some of our programs require closed-toe shoes so please don't just bring sandals.
- A bug net can be purchased for a low price and can be well worth the investment. Pairing a head net with a windbreak or rain jacket is a great option.
- Pack all personal items into one pack or suitcase as you will have to carry your luggage to your cabin.

Suggested Clothing & Equipment List for Winter Programs

Based on a 3-day visit

CLOTHING			BEDDING / TOILET KIT		
#	**✓**	**Item**	**#**	**✓**	**Item**
1 – 2		Winter coat/parka or water proof/resistant jacket	1		Sleeping bag or blankets and a sheet (single sized bed)
3		T-shirts	1		Pyjamas
2		Long sleeved shirts	1		Pillow
2		Sweaters or fleece jacket	1		Shower supplies (soap, shampoo)
2		Pairs of pants (preferably not jeans)	1		Comb/Brush
1 – 2		Pairs of long underwear	1		Shower Towel
1 – 2		Pair(s) of water resistant snow pants (ski pants)	1		Toothbrush & Toothpaste
3		Pairs of underwear	1		Bottle of Sunscreen
4 – 5		Pairs of warm socks (non-cotton)	IF PARTICIPATING IN QUINZEE SLEEP OUT		
1		Pairs of warm socks (non-cotton)	1		Foam/air sleeping pad
1		Pair of indoor shoes/slippers	1		Warm sleeping bag/extra blanket
2		Pairs of winter gloves/mitts (waterproof if possible)	1		Extra set of warm pajamas
1 – 2		Winter toque(s)	1		Extra pair of heavy socks (non-cotton)
1		Day pack – to carry personal items			

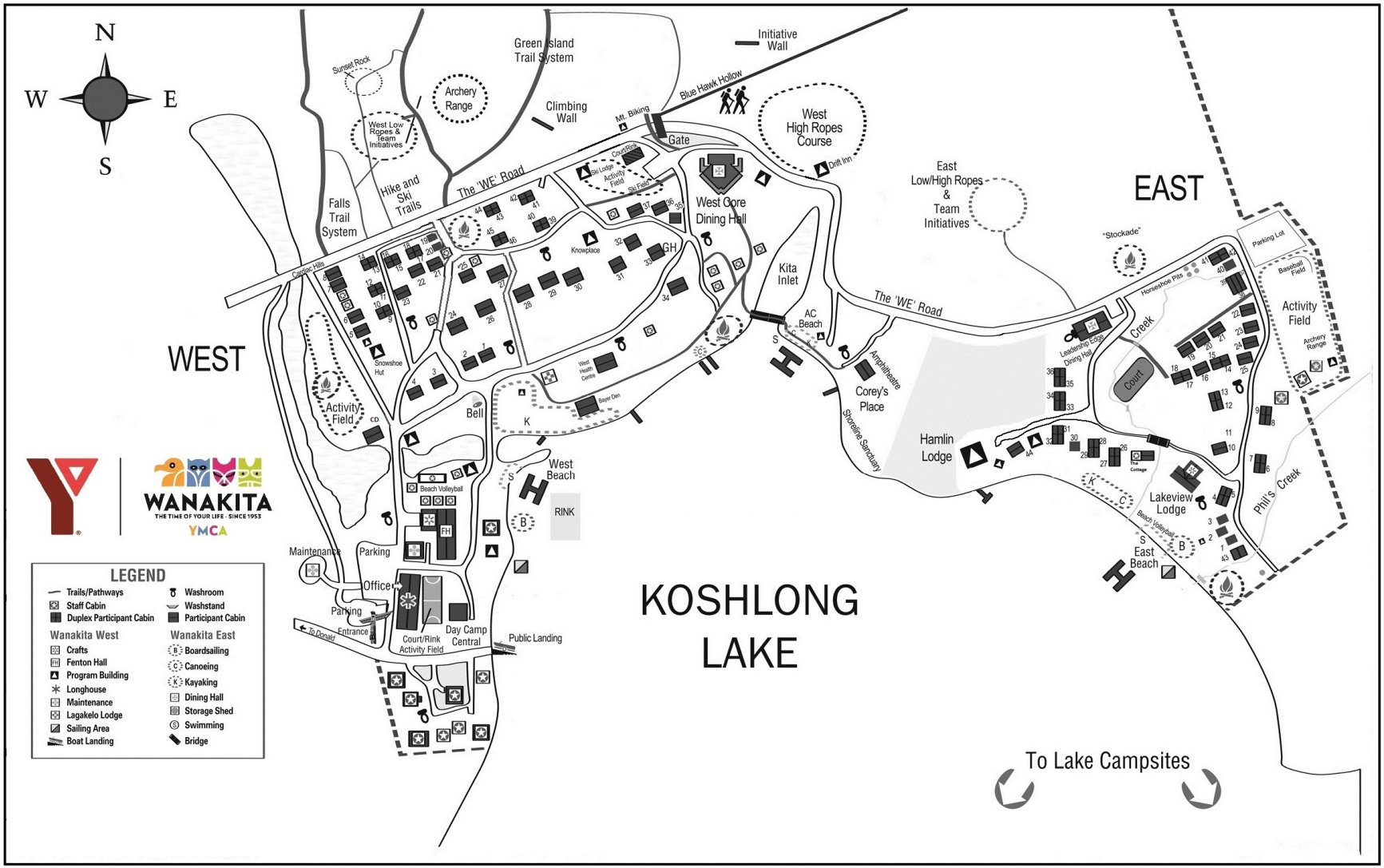
EXTRAS			THINGS TO LEAVE AT HOME	
#	**✓**	**Item**		**Item**
1		Flashlight	**X**	Junk food, pop, candy or gum
1		Waterbottle	**X**	Laptops, radios, gaming systems
1		Watch	**X**	Cell phones
1		Sunglasses	**X**	Pocket knives
1		Laundry bag		
1		Camera (optional)	**X**	**Please be aware that we are a nut sensitive site and ask that snacks that contain nuts are not brought to Wanakita.**
1		Musical instrument (optional)		
1		Games/cards for cabin (optional)		

REMEMBER:

- Plan for clothing that keeps you warm and dry. Try to avoid products made of cotton the best you can. Cotton likes to absorb water and stay wet. Please try to ensure your base layer (layer closest to your skin) is made of synthetic fibers (polyester, rayon, nylon, polypro) or something that "WICKS AWAY" sweat.
- No need to go out and buy the "proper gear": look in your closet first and read the labels on the clothing. Thrift/second hand stores are great places to purchase clothing if necessary.
- It is advisable to wear several layers of light clothing rather than one or two heavy articles.
- Be prepared to be outside and to expect a variety of weather conditions (sun, rain, cool, warm).
- Try to bring boots that are flat and soft-soled for snowshoeing (ex - Sorel's, Merrell's, Bogs, etc.).
- Pack all personal items into one pack or suitcase as you will have to carry your luggage to your cabin.

YMCA WANAKITA SITE MAP

YMCA Wanakita Site Map



YMCA WANAKITA YEAR ROUND PROGRAM OFFERINGS

What Else We Have To Offer

Enjoying your stay? The fun does not have to stop here! Explore YMCA Wanakita's vast selection of program offerings below:

Summer Kids Camp

YMCA Wanakita offers a variety of one-week, two-week and month-long summer overnight camp programs for ages 7 - 16. A balance between individual and group camp activities provides an opportunity for campers to gain social skills, take risks and grow.

Summer Family Camp

YMCA Wanakita offers nine weeks of Family Camp program in the summer. Families arrive midday on Sunday and depart midday the following Saturday. It is a wonderful family bonding opportunity and fun for all ages!

Visit ymcawanakita.ca to learn more!





Shine On Hamilton Burlington Brantford

YMCA WANAKITA
THE TIME OF YOUR LIFE - SINCE 1953

The place to have the time of your life!

YMCA Charitable Mission
YMCA Hamilton|Burlington|Brantford is a charitable organization helping people achieve personal growth in spirit, mind and body through participation and service to the community.

YMCA Vision
Creating healthy communities in which individuals and families have opportunities to reach their potential.

YMCA Values
Caring • Honesty • Inclusion • Respect • Responsibility

YMCA Wanakita
1883 Koshlong Lake Road,
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