



YMCA Camp Ki-Wa-Y Outdoor Centre



Experience Planning Guide

YMCA Camp Ki-Wa-Y

Plan Your Next Adventure

CONTACT US

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YMCA Camp Ki-Wa-Y

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To learn more about our other
program offerings, visit us
online

ymcathreerivers.ca/camp-and-outdoor-centre



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Find us on Social Media



YMCA Camp Ki-Wa-Y

What We Offer

At YMCA Camp Ki-Wa-Y, we are committed to creating fun, inclusive, and safe environments where every participant feels a deep sense of belonging and connection to nature. For over 30 years, our Outdoor Centre has provided custom-designed programs to help groups achieve their goals. Teachers and leaders can select programs tailored to their group's needs, with many linked to the Ontario curriculum, including environmental studies and wilderness adventure.

Participants can take healthy risks, test their limits, and overcome challenges in a safe environment. Choose from our catalogue (see page 4) to build the perfect experience for your group.

All programs are led by trained staff and meet standards set by the Ontario Camping Association (OCA) and Ontario Physical Health and Education Association (OPHEA). We also provide certificates of insurance and can list your organization as an additional insured.

The Experience

With over 77 acres of treed forest, open fields, and access to Paradise Lake, our Outdoor Centre is the ideal location to connect with nature, develop new skills, and build relationships. Participants “learn by living” in our camp environment that immerses participants in nature.

Our staff are experts in leading activities that build trust, communication, and set the tone for strong team building. We offer a variety of team-building elements that are designed to:

- Promote group interaction, cooperation, and creative problem solving,
- Draw upon each individual's strengths and assets,
- Create an atmosphere of mutual support, and
- Increase personal levels of agility and physical coordination.



Site Partner | Crow Shield Lodge

We would like to acknowledge that the land on which we live and work, is situated on the traditional territory of Haudenosaunee, Anishinaabe, and Chonnonton peoples. We also acknowledge the enduring presence and deep traditional knowledge, laws, and philosophies of the Indigenous Peoples with whom we share this land today. Our camps are committed to building and nourishing relationships with Indigenous community members and upholding our responsibilities on the journey towards reconciliation. We are all treaty people with a responsibility to honour all our relations.

We are excited to share our groundbreaking partnership with Crow Shield Lodge, an urban Indigenous-led organization offering land-based healing through four pillars: Education, Healing, Reconciliation, and Land Stewardship.

As part of this collaboration, Crow Shield Lodge will serve as a site partner for Camp Ki-Wa-Y, establishing their own dedicated program space on-site. We extend our gratitude to all groups for their understanding and respect for this sacred land.

Connect

Email: wachay@crowshieldlodge.com



@crowshieldlodge



@crowshieldlodge

To learn more about Crow Shield Lodge,
visit: www.crowshieldlodge.com



**CROW
SHIELD
LODGE**

Camp Ki-Wa-Y Program Values

Our Philosophy: Challenge By Choice

During all the activities, individual participants are in complete control of their own level of involvement. Although participants might be gently encouraged to challenge themselves, we do not believe in forcing participants. There are many roles to play. Regardless of your level of physical involvement, you will be included and engaged.

Safe and Inclusive Spaces

We foster equity and inclusiveness by creating spaces where everyone feels safe, valued, and respected. Guided by our Quality 8 promise and the principles of Justice, Access, Inclusivity, Diversity, and Equity (JAIDE), we ensure camp is a welcoming place for all, where fun and personal growth thrive alongside safety and respect for diversity. Our activities help participants develop life skills, build lifelong friendships, and connect with nature.

To promote belonging and safety, we use non-gendered language and provide all-gender, single-stall washrooms and changerooms. Staff supervise these areas to maintain a safe and inclusive environment for all.

Our Commitment to Safety

At Camp Ki-Wa-Y, safety—physical, emotional, and social—is our top priority. We believe fun and growth happen best in a safe, supportive environment where everyone can thrive.

Highly Trained Staff

Our staff receive ongoing training in Standard First Aid and CPR-C, National Lifeguard certification, and specialized high ropes instruction. This preparation ensures your group can participate with confidence and peace of mind.

Accredited Excellence

YMCA Camp Ki-Wa-Y is accredited by the Ontario Camps Association, reflecting our commitment to the highest industry standards and practices.

Risk Management

While camp activities carry inherent risks, we have strong procedures in place to minimize them. Staff are trained to assess and adapt programs as needed, including pausing activities during severe weather or lake water quality advisories. We communicate transparently about changes and always provide safe, engaging alternatives.

2025 Pricing Guide

Day Group Rates

Day Group - Children & Youth (No Tax)

School/Youth Group Day Program without Lunch	\$37.00/person
School/Youth Group Day Program with Lunch	\$44.00/person
Extended Day Program (1 extra meal provided)	\$60.00/person

Overnight Group Rates

Weekday Overnight Group

1 Night / 2 Day Visit	\$160.00/person + HST
2 Night / 3 Day Visit	\$192.00/person + HST

Weekend Overnight Group

1 Night / 2 Day Visit	\$160.00/person + HST
2 Night / 2 Day Visit	\$176.00/person + HST

Program Add-Ons

Day and Overnight Groups

High Ropes - Static Course	\$75.00/activity group (approximately 15 people)
Waterfront Activities	\$18.00/hour
Additional Meal	\$20.00/person

2026 Pricing Guide

Day Group Rates

Day Group - Children & Youth (No Tax)

Express Day Program Includes 3 scheduled activities, no lunch is provided	\$30.00/person
Day Program Includes 4 scheduled activities, lunch is provided	\$50.00/person
Extended Day Program Includes 6 scheduled activities, lunch, snack & dinner are provided	\$65.00/person

Overnight Group Rates

Weekday Overnight Group

1 Night / 2 Day Visit	\$168.00/person + HST
2 Night / 3 Day Visit	\$202.00/person + HST

Weekend Overnight Group

1 Night / 2 Day Visit	\$168.00/person + HST
2 Night / 2 Day Visit	\$185.00/person + HST

Program Add-Ons

Day and Overnight Groups

High Ropes - Static Course	\$79.00/activity group (approximately 15 people)
Waterfront Activities	\$19.00/hour
Additional Meal	\$21.00/person

Activity Offerings

Spring/Fall

Archery
Climbing Wall
Canoeing*
Swimming*
Kayaking* (Spring Only)

Winter

Snowshoeing
Tobogganing
Quinzhee Building

Year-Round

Campfires
Cooperative
Games/Initiatives
Geocaching
High Ropes*
Large Group Games
Nature Activities
Orienteering
Low Ropes
Fire Building

***Please be aware that some activities may have an additional fee. For detailed pricing information, kindly refer to our pricing guide on page 5.**

Rotation Activities

We **organize participants into groups of 15**, each with one complimentary adult chaperone. Before arrival, we'll work with you to plan activities. Each group, led by a YMCA facilitator, rotates through scheduled programs, with time built in for everyone to come together for larger activities like field games or a campfire.

● Archery

Participants will learn archery basics—stance, aim, and safe bow handling—then practice under instructor supervision. The activity builds focus, patience, and coordination in a supportive setting.

● Climbing Wall

Our 25-foot climbing wall features four routes for all skill levels. With a harness, helmet, and support from a trained belayer, participants build confidence, perseverance, and a sense of achievement.

● Canoeing

Participants begin with a water safety lesson before learning canoeing basics—paddle strokes, boat handling, and safe entry and exit. With life jackets and guidance from an National Lifeguard (NL)-certified instructor, they'll practice skills and finish with a group paddle, building comfort and teamwork on the water.

● Swimming

Participants will swim wearing life jackets in a designated waterfront area supervised by National Lifeguard (NL) certified staff. This activity follows YMCA policies and Ontario Camping Association (OCA) safety standards, ensuring a safe and enjoyable experience. Swimmers will develop water confidence while enjoying a fun, refreshing outdoor activity.

● Kayaking

This program covers kayaking fundamentals—paddling, safety, and navigation. With life jackets and guidance from a National Lifeguard (NL)-certified instructor, participants practice at their own level before exploring the water, building confidence, independence, and a love of paddling.

Please note: Due to a shortage of National Lifeguard certified staff, waterfront activities may be subject to availability.

● Snowshoeing

Participants explore 77 acres of fields and forests while learning snowshoeing basics. Through games and activities, they'll discover the history of snowshoes in winter travel, building fitness, outdoor appreciation, and survival skills.

● Tobogganing

Participants embrace the thrill of winter as they slide down snowy hills with their peers. Sleds and helmets are provided for a safe, fun experience that keeps everyone active outdoors.

● Quinzhee Building

Participants learn to build a traditional Canadian snow shelter by shaping and hollowing a snow mound. This hands-on activity fosters teamwork, creativity, and an understanding of winter survival techniques.



High Ropes - Tree Course

This activity challenges participants to push their limits on a high ropes course set among the trees. Under the guidance of trained staff, participants will use a belay system to navigate elements ranging from 25 to 40 feet high. Participants will leave with a sense of accomplishment, increased confidence, and an appreciation for adventure-based challenges. Participants must be age five and older.

High Ropes - Static Course

The static high ropes course offers a more independent challenge, allowing participants to move through up to eight connected elements. Using a self-belay system and provided safety equipment, participants will navigate the course at their own pace. This activity promotes problem-solving, perseverance, and personal confidence in a unique outdoor setting.

Nature Walk

Participants will explore beautiful forest trails on a guided walk suitable for all ages and fitness levels. Whether engaging in a nature hike focused on identification and facts or an earth walk emphasizing hands-on exploration, this activity encourages a deeper connection with the natural world. Participants will leave with a greater appreciation for their surroundings and the ability to see nature in new ways.

Fire Building

This activity introduces participants to the essential outdoor survival skill of building different types of campfires. They will learn various fire-building techniques, safety considerations, and best practices for outdoor fire use. By the end, participants will feel more confident in their ability to safely and successfully build a fire in an outdoor setting.

Shelter Building

Participants will work together to construct shelters using natural materials found in the forest. This hands-on experience teaches teamwork, problem-solving, and basic survival skills while fostering an appreciation for resourcefulness in nature. Participants will leave with a newfound confidence in outdoor shelter-building techniques.

Low Ropes

This activity challenges participants to complete a series of low-to-the-ground elements designed to enhance teamwork, communication, and problem-solving skills. Located in a wooded area, the course requires collaboration to successfully navigate physical and mental challenges. Participants will leave with stronger group dynamics and a sense of accomplishment.

● **Nature Games**

This activity combines outdoor exploration with engaging, nature-themed games. Participants will move through the natural environment while playing games that encourage observation, problem-solving, and teamwork. The experience fosters a playful connection with nature while promoting environmental awareness.

● **Cooperative Games**

This activity engages participants in interactive and energetic games that encourage fun and connection in a supportive outdoor setting. Groups will play a variety of games designed to foster teamwork, communication, and creativity in ways they might not experience otherwise. Participants will leave feeling energized, connected, and ready to collaborate in new ways.

● **Team Building Initiatives**

This activity challenges participants to develop leadership, teamwork, trust, and communication skills through engaging problem-solving tasks. Groups will work together to complete challenges that focus on the process rather than the outcome, promoting reflection and personal growth. Participants will gain valuable skills in collaboration and resilience while having fun as a team.

● **Orienteering**

Participants will learn to navigate using a map to locate checkpoints throughout the site. This hands-on experience builds confidence in outdoor navigation while reinforcing problem-solving and teamwork skills. By the end of the activity, participants will be able to use a compass effectively and feel more comfortable finding their way in natural settings.

● **Geocaching**

Participants will use GPS devices and coordinates to navigate outdoors in search of hidden caches. This hands-on experience allows them to develop navigational skills, explore independently, and work together to complete the challenge. By the end of the activity, participants will have improved their ability to follow directions, think critically, and appreciate the adventure of outdoor exploration.

Large Group Activities

Campfire

Gather around the campfire in our natural amphitheater as staff lead songs, skits, and plenty of laughter. Guests are welcome to bring instruments and join in the music. In cold or wet weather, the campfire moves indoors to a cozy fireplace setting. This activity is a fun way to build community, share memories, and end the day on a high note.

Large Group Games

This activity brings the entire group together for high-energy, outdoor games designed for all ages and skill levels. Participants will take part in classic large-group games such as Capture the Flag, Sardines, and Stones, encouraging movement, strategy, and teamwork. The experience fosters a sense of community, fun, and friendly competition.

Free Time

On the tarmac behind the Dining Hall, you will find our outdoor games area complete with sports equipment and a basketball court. The outdoor games area is available for anyone to use while they are onsite.

Adult guests are welcome to go for a hike on our trails during their free time. We ask that you stay away from designated program areas, which are strictly off limits, and groups participating in programming with our staff.



Sample Schedule

Recommended Arrival:

Weekday Day Groups - 9:30am

Weekday Overnight Groups - 10:00am

Weekend Groups - 6:00pm

Recommended Departure:

Day Groups - 3:00pm

Overnight Groups - 2:00pm

Extended Day Groups - 8:00pm

***NOTE:** We know that arranging bus transportation can be challenging. To make things easier, we're happy to work with you to find convenient pick-up and drop-off times that fit your bus schedule.

Day Visit Sample Schedule

	Day Visit with Lunch
Morning	9:30am: Arrival & Orientation 9:45am: Rotation Activity 10:45am: Rotation Activity 11:30am: Lunch
Afternoon	12:30pm: Rotation Activity 1:30pm: Rotation Activity 2:30pm: Departure

Overnight Visit Sample Schedule

	Day One
Morning	10:00am: Welcome, Orientation, Luggage to Storage Area 10:30am: Rotation Activity 11:30am: Lunch
Afternoon	12:30pm: Rotation Activity 1:30pm: Rotation Activity 2:30pm: Snack 3:00pm: Rotation Activity 4:00pm: Cabin Move-In
Evening	5:00pm: Dinner 6:00pm: Evening Programming (i.e. Night Hike, Campfire) 8:00pm: Snack, Back to Cabins

Meals & Menu

Meals are provided for all overnight trips, and day visitors may opt into meal service if available. Our camp follows a single, fixed menu, planned around your arrival dates.

We accommodate various dietary needs, including gluten-free, dairy-free, vegetarian, vegan, and halal options, and ask that you notify us of any dietary requirements at least three weeks in advance.

Meals are served family-style or buffet-style, depending on group size.

Our site is nut-aware. We do not serve nuts and request that visiting groups refrain from bringing them.

Something for Everyone

- Fruit, yogurt and cereal will be made available at each breakfast.
- A salad bar will be available for each lunch and dinner.
- Milk is provided at breakfast and dinner.

Menu

Subject to change based on product availability



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		Scrambled Eggs, Hashbrowns & Bacon	Waffles & Sausage	Croissants, Muffins & Hard Boiled Eggs	Omelets & Bacon	Sausage & Egg McMuffins	Bagels
Lunch	Chicken Burgers & Fries	Meatball Subs	Chicken Fingers & Fries	Grilled Cheese & Tomato Soup	Chicken Ceasar Wraps & Soup	Hamburger & Fries	Cheese Ravioli
Dinner	Pepper, Sausage Penne	Chicken Skewers	Spaghetti & Meatballs	Octoberfest Sausage & Perogies	Fish & Chips	Chicken Fettucini	

Accommodations & comfort



Accommodations

YMCA Camp Ki-Wa-Y offers three different styles of overnight accommodations for groups. Each style offers year-round comfort with access to washrooms and showers either inside the building or just a few steps away. All cabins include bunk beds with a provided mattress. Layouts for each of our cabin style are included on page 14-15 and include the total number of beds per cabin. Accommodations will be assigned to your group by our Outdoor Centre Team prior to your arrival.

Please Note: Staff may enter accommodations and rooms to complete cleaning duties throughout your stay. It is expected that all spaces be left in the same condition they were found. If significant mess or damage is found, a cleaning, maintenance, and/or third-party fee will be applied to your invoice.

Prayer Spaces

We understand the importance of spiritual practices and are committed to fostering an inclusive environment for all our guests. Upon request, we are happy to provide a designated prayer space to accommodate your needs.

We encourage everyone to respect the diverse beliefs and practices of all guests. Our aim is to create a welcoming atmosphere where everyone feels valued and supported in their spiritual journeys. If you have any specific requirements or requests, please don't hesitate to reach out to our Outdoor Centre Team.

A Note on Power and Electricity

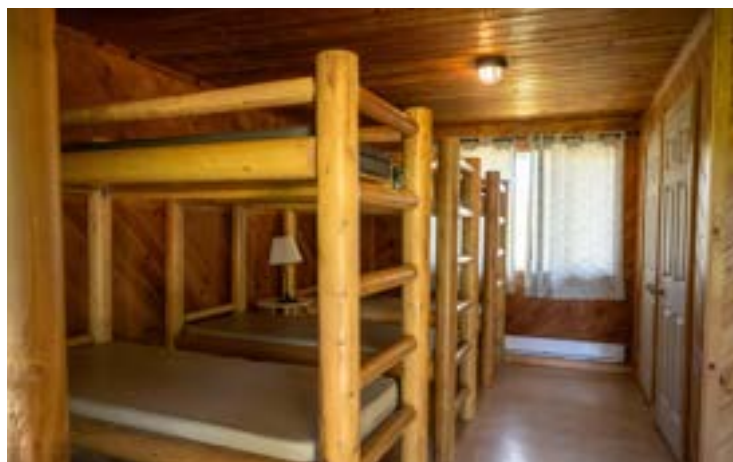
In living up to our mission, YMCA Camp Ki-Wa-Y was designed to make the smallest environmental footprint possible, as such, our infrastructure will not support devices that are plugged in at the capacity which you may be used to. Please check with staff ahead of time to discuss your needs.

Cabins

Black Walnut Ridge

Sleeps 40 | 2 units sleep 20 each

Black Walnut Ridge is located about a 2-minute walk from the Dining Hall and consists of two identical double cabins, each featuring three adjoining rooms with bunk beds. These winterized cabins have a bright knotty pine finish, creating a cozy and inviting atmosphere. A washhouse with flush toilets, sinks, and showers is conveniently located adjacent to the cabins.



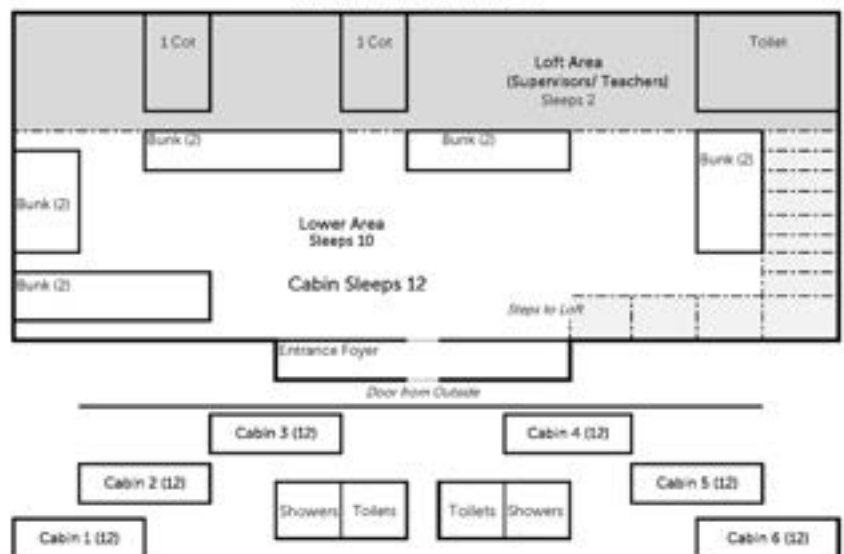
Cabins

Strawbale Cabins

Sleeps 60 | 5 units sleep 12 each

Our Strawbale cabins, located just 2 minutes from the Dining Hall, offer an exceptional environmental experience. These cabins feature eco-friendly elements such as solar-powered lighting, composting toilets, and strawbale insulation. Strawbale construction uses natural, renewable materials, reduces carbon emissions, and offers superior thermal efficiency compared to traditional insulation.

By using straw, which naturally absorbs carbon, these cabins minimize environmental impact while providing excellent insulation. Additionally, the biodegradable nature of straw ensures that your stay contributes to sustainable living practices. Each cabin is named after a Provincial Park— Frontenac, Pukaskwa, Obatanga, Restoule, and Fitzroy—and most have an upstairs composting toilet, with an additional washhouse located just outside.



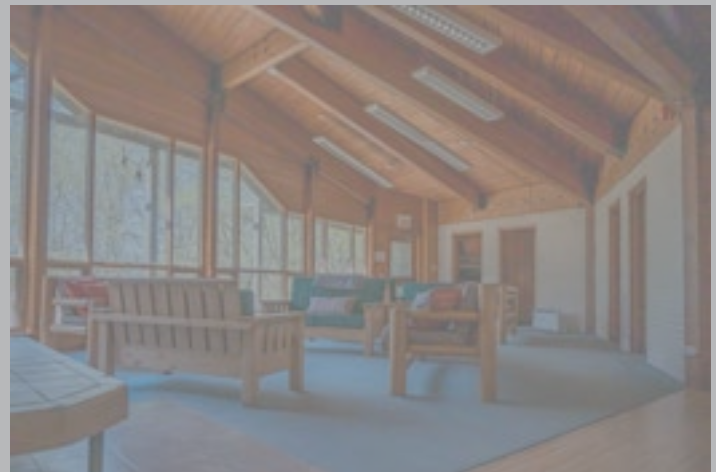
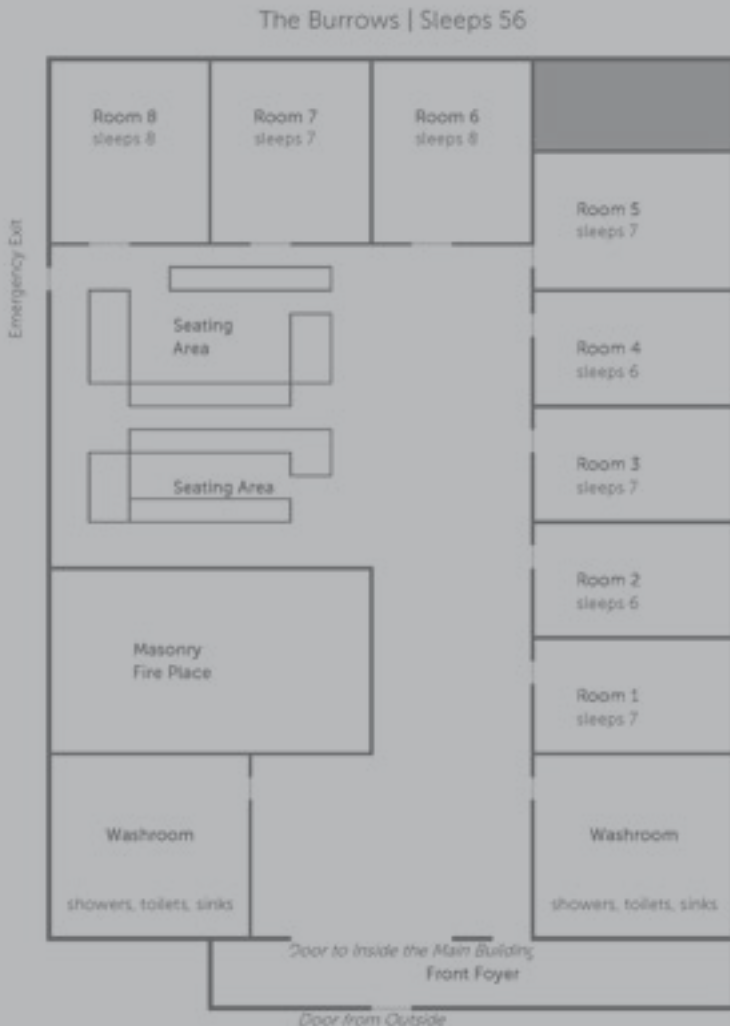
The Burrows is currently unavailable

The Burrows

Sleeps 56 | 8 rooms sleep 6-8 people

This unique cabin is located about a 5–10-minute walk from the Dining Hall and is named after its location, being built into the side of a hill.

A feature of the Burrows is its large common area, indoor washrooms, and masonry fireplace used to heat the building during the Winter months.



Chaperone Expectations

Group Leader/Chaperone Expectations

Chaperones are essential in upholding the YMCA's values of inclusiveness, respect, and safety. By modeling the behaviors of empathy, accountability, and teamwork, chaperones help ensure that all participants have a fun, enriching, and safe camp experience.

Prior to Arrival

- Booking Agreement has been acknowledged 3 weeks prior to arrival.
- Packing list has been distributed to participants.
- Booking Details Form has been submitted at least 3 weeks prior to your visit, including dietary restrictions.
- Notify Outdoor Centre Team of any birthdays or special requests while at Camp Ki-Wa-Y.
- Arrival and departure times, program schedule, and accommodations have been confirmed with the Outdoor Centre Team at least 3 weeks prior to visit.
- Final participant numbers confirmed with the Outdoor Centre team at least 3 weeks prior to visit.

Upon Arrival

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

- Final participant and group leader/chaperone numbers
- Dietary needs, health concerns, behavioral issues, special requests, allergies, and birthdays
- Review the schedule to ensure it meets the group expectations
- Ensure a group leader/chaperone is assigned to each rotation group

While at Camp Ki-Wa-Y

Our staff are focused on instructing program activities and managing participant safety. Please help us by taking responsibility for participant behavior and conduct. Chaperones are expected to help with the following:

- A group leader/chaperone is with each activity group during small group activities.
- Present and engaged during all activities.
- Aid in supervising free time/choice periods.
- Supervise participants during mealtimes.

While our staff will be present during mealtimes and able to answer questions/assist with mealtime procedures, they also need to take a break and eat. Camp Ki-Wa-Y staff take their breaks during meal times so please help us by managing participants during mealtimes.

Evening Supervision

Once Camp Ki-Wa-Y programs have ended in the evening, it is the responsibility of group leaders and chaperones to coordinate bedtime and overnight supervision until breakfast the following morning.

Booking Details

Phones/Internet

- Landline phones are available in Paradise Post, our group leader and chaperone lounge for personal calls.
- Wi-Fi is available in Paradise Post, instructions to connect will be posted on the wall. Please speak to your group facilitator if you have internet problems or issues connecting to the network.
- We encourage full immersion into the Camp Ki-Wa-Y experience and ask that participants refrain from bringing electronic devices (i.e. laptops, cellphones, etc.) to Camp Ki-Wa-Y. As such, we ask that group leaders and chaperones help us enforce this policy and refrain from using cell phones or personal electronic devices in the presence of participants.

General Involvement

The leadership provided by group leaders and chaperones is one of the most important factors for a successful visit. Although Camp Ki-Wa-Y staff will be responsible for providing program instruction, your participants are accustomed to looking to you for guidance and support. Being part of the experience will also assist in transferring ideas and lessons learnt by participants back to "everyday life" outside of camp.

Please let all participants and group leaders/chaperones know your expectations and those of Camp Ki-Wa-Y prior to your visit.

Additional Notes for Groups

- Transportation to and from Camp Ki-Wa-Y is the responsibility of the visiting group.
- Overnight groups must bring an emergency vehicle with them that they can use for emergency purposes.
- YMCA Camp Ki-Wa-Y is a non-smoking facility.
- Quiet hours are from 10:00pm to 8:00am; please respect other groups who may be participating in programs on the site as well as our neighbours on Paradise Lake.
- YMCA Camp Ki-Wa-Y is a shared experience for all to enjoy. All YMCA Camp Ki-Wa-Y participants, staff, and volunteers are expected to treat one another with respect and dignity. Behavior that would not be acceptable at home, school, work, or in the community will not be tolerated at camp. If necessary, participants may be asked to leave based on inappropriate behavior. If a participant cannot drive, a parent/guardian will be contacted to provide transport for them away from camp.

***Please do not bring any food/snacks that may contain nuts as we are a Nut Sensitive site.**

Booking Details

Waivers

Waivers are not required for each participant. However, our Booking Contract includes an acknowledgement that the group leader has:

- Obtained the appropriate consent from parents or legal guardians if group members are minors.
- Made group members and parents/legal guardians aware of the risks associated with outdoor or camp activities, and that by participating or allowing participation in these activities, they assume the risks associated with doing so.
- Obtained the appropriate health history information of minors from their parents/guardians as needed, and that (s)he has obtained the appropriate authorizations for any emergency medical treatment.

Invoicing & Payment

Upon arrival at camp, a camp staff will greet you to confirm your final numbers for invoicing. We ask that you are aware of these numbers upon arrival.

Following your visit, you will receive an email with your final invoice, unless previously requested. Please note that invoices are sent on the Friday of each week, and are due upon receipt.

We accept payment by cheque, credit card, or Electronic Funds Transfer (EFT)

Credit Card: Please call our office at 519-699-5100 to make a credit payment. We accept Visa, Mastercard and Visa Debit.

EFT: Please ensure a copy of your EFT remittance is emailed to camp@ytr.ymca.ca

Cheque: Please ensure your cheque is made out to **YMCA of Three Rivers** and mailed to the following address:

3738 Hessen
Strasse
St. Clements, ON
N0B 2M0



PLEASE NOTE: Cheques must be made payable to **YMCA of Three Rivers**. Any cheques not made out to **YMCA of Three Rivers** will not be accepted.

For Teachers & Schools

OPHEA at YMCA Camp Ki-Wa-Y Outdoor Centre

At YMCA Camp Ki-Wa-Y Outdoor Centre, participant safety is our highest priority. All of our programs including waterfront activities, high ropes, low ropes, and archery are conducted in full compliance with OPHEA Safety Guidelines, which set the provincial standard for safe, high-quality physical education experiences. Our staff are trained to meet or exceed these requirements, ensuring proper supervision, equipment checks, and emergency preparedness for every activity. We welcome conversations with teachers and administrators about the specific guidelines we follow and are happy to share how we integrate them into our risk management and program delivery practices.

Subsidy

We believe everyone should have the opportunity to experience YMCA Camp Ki-Wa-Y Outdoor Centre. Subsidy may be available upon request, and we are happy to explore options to help make your visit possible. Please reach out to discuss how we can support your group.

Insurance & Attestations

Certificates of Insurance and written attestations confirming our adherence to OPHEA Safety Guidelines are available upon request. We are happy to provide these documents to support your school or organization's requirements.

Pre-Visit Parent Information Night

We are happy to visit your school and provide a free presentation for parents ahead of your trip to YMCA Camp Ki-Wa-Y Outdoor Centre. These sessions are a great way to share details about the experience, answer questions, and provide reassurance so everyone feels confident and excited about the visit.



The Ultimate Camp Packing List



Personal Items

- ☐ Toiletries (toothbrush, toothpaste, soap, shampoo, brush/comb)
- ☐ Refillable water bottle
- ☐ Towel (1-2)
- ☐ Laundry bag
- ☐ Sleeping bag or blanket and fitted sheet
- ☐ Pillow and pillowcase
- ☐ Flashlight with spare batteries for reaching in your bag and trips to the washroom
- ☐ Indoor shoes
- ☐ Day pack (to carry personal items)
- ☐ Camera (optional)
- ☐ Games/cards for cabin (optional)



Outerwear & Gear - Spring & Fall

- ☐ Pair of outdoor shoes/hiking shoes/rain boots
- ☐ Hat (sun hat or cap)
- ☐ Bathing suit
- ☐ Warm jacket (for colder weather)
- ☐ Toque (for colder weather)
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Rubber boots (optional)



Clothing

- ☐ T-shirts (3-4)
- ☐ Long-sleeve shirts (1-2)
- ☐ Sweaters (1-2)
- ☐ Shorts (2-3)
- ☐ Pants (2-3) preferably not jeans
- ☐ Underwear (3-4)
- ☐ Socks (4)
- ☐ Pajamas (1)



Outerwear & Gear - Winter

- ☐ Water resistant snow pants
- ☐ Warm socks
- ☐ Winter boots
- ☐ Winter gloves/mitts (waterproof recommended)
- ☐ Winter toque
- ☐ Sweaters or fleece jacket
- ☐ Winter coat



Things to leave at home:

- Junk food, pop, candy or gum
- Laptops and gaming systems
- Cell phones
- Pocketknives

Site Map



YMCA Camp Ki-Wa-Y
3738 Hessen Strasse, St. Clements, ON
519-699-5100 | camp@ytr.ymca.ca
ytrcamps.ca



Restroom



First Aid
Paradise Post

Hessen Strasse

