



Pack for cold and wet. Leave the phone.

Sept 11–13, 2026
SQUAMISH REGION, BC • YMAW.COM

On your back

Three days. It rains here even in September. One bag you can carry up a trail in the dark.

- ☐ **Socks, underwear, shirts for 3 days**
One more pair of socks than you think.
- ☐ **Pants and shorts**
- ☐ **A sweater or fleece**
- ☐ **A heavy jacket**
Nights are cold by the water.
- ☐ **Rain gear**
Jacket at minimum. Pants if you have them.
- ☐ **Long-sleeve shirt**
Sun and bugs.
- ☐ **Hat**
- ☐ **Two pairs of shoes**
One you can hike in, broken in, and one to change into. No flip-flops.
- ☐ **Swimsuit and towel**

Toiletries

Small. A ziplock does it.

- ☐ **Toothbrush**
- ☐ **Medications, in a labelled bag**
Listed at registration. The safety man can hold them if you'd prefer.

For sleeping

You build your own shelter with your team. You bring what goes inside it.

- ☐ **Sleeping bag**
Compact. It travels on the bus and up the trail on your back.
- ☐ **Sleeping mat**
ThermaRest or thin foam. Small.
- ☐ **Flashlight or headlamp, with batteries**
Headlamp is better: your hands are busy.

For eating

Eight meals cooked over fire. Plates, bowls and cutlery are supplied (biodegradable), so leave the kit at home.

- ☐ **Water bottle, full**
For the bus and the weekend.
- ☐ **A packed lunch for the bus**
The ride is about three hours. You'll want it.

The bus

Langley • Friday 3:00 pm

McDonald's, 20394 88 Ave • back
Sunday after 2:30 pm

Burnaby • Friday 4:00 pm

Christine Sinclair Community Centre,
south lot, 3713 Kensington Ave • back
Sunday after 1:30 pm

Fifteen minutes early. Lunch and water bottle in hand. Phone handed to whoever drops you off.

Leaves home

Phone, music, games, any electronics

It stays with whoever drops you off. Everyone survives this.

Weapons and knives

The men supply every tool you'll use and teach you to use it.

Drugs, tobacco, alcohol, vapes

Tents and tarps

Your team builds its shelter from the Society's gear.

Lighters and matches

Items from this list will be confiscated and may, or may not, be returned at the end of the weekend.

The arc

- FRI** Bus. Hike in. Teams. Build camp.
- SAT** The Quests. The afternoon. The circle.
- SUN** Acknowledgment. The game. The walk out.

THE STANDARD I'M BRINGING

Write it Friday night. Keep it.

FIVE WORDS THE MEN WILL ASK YOU ABOUT • T.E.A.M.S.

T

Truthful

E

Excellence

A

Accountable

M

Mindful

S

Service

Not a summer camp. A rite of passage.

\$320 ALL IN • AGES 12–17 • INFO@YMAW.COM • SINCE 1990