

DAY HIKING - Gear List**(BORROW or RENT as much as you can!)**

Individual Gear		
Daypack	25-30L recommended. No smaller than a school backpack!	
Sleeping Bag	Should be good at least to -10C.	
Pillow	Lightweight. Packable. Bring this on the bus!	
Sleeping Mat	Thermarest, ensolite or similar. 2-3" recommended.	
Flashlight	Headlamp is recommended. Fresh batteries before the trip or bring extras.	
Underwear	3-4 pairs. Try to avoid cotton.	
Socks	3-4 pairs. Wool or wicking is recommended. Some people like 2 layers, one being a thin synthetic sock. Also nice to have one pair for sleeping.	
Base Layer	Synthetic or wool(thin, wicking) - 1-2 pairs (top and bottom).	
Warm Layer	Fleece or long underwear recommended - top and bottom.	
Hiking Tops	1-2. Synthetic - long sleeved and/or short sleeved. You do NOT need a clean shirt every day!	
Hiking Bottoms	1-2 pairs. Synthetic - shorts, capris and/or pants Pockets recommended.	
Rain Gear	Pants and jacket (hooded) that are waterproof. Breathable also recommended.	
Jacket or vest	Synthetic or down.	
Hiking Boots	Some ankle support is recommended, but not necessary. Waterproof and breathable is best - leather or gore tex recommended. Break them in!	
Gaiters	Great for snow, rain and mud.	
Camp Shoes	Runners or boots to wear around camp after hiking.	
Toque/Gloves	For warmth at camp. Some like to bring a toque to sleep in as well.	
Hat/Sunglasses	Tilley or baseball style hat for high altitude sun, but also useful in rain.	
Toiletries	Toothbrush, hand sani, deodorant, personal meds, blister packs, sunscreen, wet wipes ... Share items (eg. toothpaste/sunscreen) with partner - SMALL sizes only!	
Personal Dishes	Lightweight, packable bowl, spork and mug recommended. Label with your name!	
Water Bottle	2 water bottles or a bladder (camelback) and a water bottle. 2L recommended.	
Plastic Bags	Some garbage bags and ziploc bags for keeping items dry, packing out garbage etc.	
Whistle	For safety if separated from your group or injured. Should be on your day pack!	
First Aid Kit	Chaperones will have one, but it should only be used as a backup. You should bring individuals supplies like pain meds, epipen, medical tape for ankles/knees, cold meds, imodium, electrolyte tablets (eg. nuun)...	

Group/Shared Gear (coordinate with your group)		
	Tent	3 seasons with a fly that reaches the ground and a footprint/groundsheet. Limit of four tents per group. 3-4 man tent is ideal for storage and sleeping. Tarp (and rope) for over your tent are optional.
	Stoves/Fuel	Portable Stove/BBQ and fuel for the group (coordinate during group meetings)
	Pots/Cooking Utensils	At least 2 sets of nesting pots and cooking utensil(s) per group (coordinate during group meeting)
	Lighter/Matches	For lighting stoves. Weatherproof matches recommended.
	Dish Soap/Towel	Biodegradable soap and towel/sponge for dishes.
	Tarp and rope or Canopy	Can be used for shelter over eating area. Nylon cord can be useful in many instances. Learn how to hang tarp as your chaperone may be busy.
	Duct Tape	Can be used to patch and fix all sorts of things.
	Cooler	Large cooler useful for food storage. (coordinate during group meeting)
Optional Items		
	Hikings Poles	Really great to distribute weight and add stability. Highly recommended for through hikers.
	Camera/Phone	There are no outlets so bring extra batteries or a solar charger.
	Cards/Games	For some fun with your group. Basecamp cards highly recommended.
	Multitool	Swiss army or similar type.
	Bandana/Buff	Can be used as a face cloth, sweatband...
	Lantern	For use at camp for dinner, games etc.
	Hand/Foot Warmers	Can be used for warmth overnight or on cold mornings. They do create more waste and remember you have to pack out everything you pack in!
	Emergency Blanket	Great for extra warmth at night if needed.
	Ear/Eye Covers	If needed for a better night's sleep.

Things to keep in mind:

- You can bring your phone as a camera, but sim cards will be collected to give you the chance to really disconnect during the week.
- Though you don't have to carry all of your gear every day, our transport space is limited, therefore, you are limited to your daypack and one other bag (medium sized backpack or duffel)
- Any personal gear that you do not carry with you on your hikes will be stored in your tent.
- All food and shared gear will be stored in your support vehicle outside of meal times.