

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

Individual Gear		
Backpack with Rain Cover	Size can depend on height, but 65-75 L is a guideline. Make sure it is fitted and packed properly. Rain cover required.	
Sleeping Bag	Should be good to -15C and packable. Pack in a compression sack to save space.	
Sleeping Mat	Thermarest, ensolite or similar. Should be packable and 2-3" is recommended.	
Flashlight	Headlamp is recommended. Fresh batteries before the trip or bring extras.	
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. Changing your socks at lunch can help with blister prevention.	
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/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	Sturdy enough to provide support while carrying your pack. Waterproof and breathable is best - leather or Gore Tex recommended. Break them in!	
Hiking Poles	Really great to distribute weight/add stability.	
Gaiters	Great for snow, rain and mud.	
Camp Shoes	Runner, sandals or cros to wear around camp after hiking. Need to be LIGHT!	
Toque/Gloves	For warmth at camp. Some like to bring a toque/gloves 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!	
Toilet Paper	Put it in a ziplock bag. Remove cardboard roll. Share with a partner.	
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.	
Food Storage Bag	Waterproof stuff sack strong enough to be hoisted up bear poles. 15-20L recommended.	
Carabiner	2-5. Can be used to attach water bottles and other gear to the outside of your bag.	
Plastic Bags	Some garbage bags and ziplock bags for keeping items dry, packing out garbage etc.	
Whistle	For safety if separated from your group or injured. Should be accessible on your backpack.	

	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		
	Tent	3 seasons with a fly that reaches the ground and a footprint/groundsheet. Limit of 5 tents per group. A tarp (and rope) for over your tent optional.
	Stoves/Fuel	Must be lightweight. One per partnership OR 3 per group recommended.
	Pots and Cooking Utensils	One per partnership OR at least 2 sets of nesting pots and lightweight cooking utensil(s) per group.
	Lighter/Matches	For lighting stoves. Weatherproof matches recommended.
	Dish Soap/Towel	Biodegradable soap and towel/sponge for dishes.
	Water Treatment	Can be a pump, tablets, drops, gravity filter etc.
	Tarp and rope	Can be used for shelter over eating area. Nylon cord can be useful in many instances. Learn how to hang tarp as chaperone will be helping others.
	Duct Tape	Can be used to patch and fix all sorts of things and even on your feet to prevent blisters. To save space, can be packed around a water bottle.
Optional Items		
	Travel Pillow	Lightweight and packable. To save weight/space you can also use a jacket.
	Camera/Phone	There are no outlets so bring extra batteries or a solar charger.
	Cards/Games	For some fun with your group (Basecamp cards, beach ball...)
	Multitool	Swiss army or similar type.
	Bear Spray	Should have one per group, but also welcome to carry your own. Chaperones will be provided one.
	Bandana/Buff	Can be used as a face cloth, sweatband...
	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.

Packing Tips (see the website for more info on packing!):

- Use compression sacks for sleeping bags, clothing etc. to maximize space
- Pack items that cannot get wet (sleeping bag, clothing...) into dry bags, plastic garbage bags or XL (orXXXL) ziploc bags inside your pack
- Leave a change of clothes and \$ for lunch in your daypack which will be left in a support vehicle

Things to keep in mind for through hikers:

- Bring your phone to use as a camera but you will not have cell service while hiking and your battery will not last the whole trip.
- Pack light! When you carry everything on your back you will be grateful!