

Gear List

Clothing

	ITEM	DESCRIPTION
	Toque	Wool or fleece
	Ball Cap	Comfort fit to keep the sun off
❄️	Balaclava	To protect the face in cold weather
	Short sleeve wicking shirt	Athletic style - comfortable - to keep you dry
	Long sleeve wicking shirt	Athletic style - comfortable - to keep you dry
	Long underwear top	For cold days and/or to sleep in
	Long underwear bottom	For cold days and/or to sleep in
	Light fleece top	An all round useful layer
	Light fleece bottom	An all round useful layer
	Heavy fleece top	Made of 300 weight fleece, something with pockets is good
❄️	Heavy fleece bottom	Made of 300 weight fleece, something with pockets is good
	Gortex Jacket	An essential piece of gear. 2.5 or 3 ply & taped construction
❄️	Gortex pants	A useful piece of clothing to stay dry in cold weather
	Rain pants	Something lightweight and not rubber pants
	Synthetic puff jacket	Very nice piece of gear that is a go to on many trips
❄️	Down or synthetic parka	Essential for cold weather trips
	Underwear	As needed
	Wool socks (3)	Smart wool above the ankles, 2 heavy weight, 1 light weight
	Liner socks (2)	Standard liner sock - merino is nice
	Quick dry hiking pants	Lots of choices, zip off pants a nice feature
	Quick dry shorts	Can double as a bathing suit if need be
	Bathing suit	Comfortable, see above.
	Fleece gloves	For those cold mornings and evenings and rainy days
❄️	Insulated Shell gloves/mitts	For winter, early spring and late fall.
	Gaiters	Nice to keep dirt and water out and adds some protection
	Boots	Must be broken in, comfortable and sturdy
	Camp shoes	Crocks or runners - closed toes Keens are good too

Personal Gear

	ITEM	DESCRIPTION
	Backpack	Comfortable, well fitted, 70-90 litres
	Sleeping Bag	Rated to -10C synthetic (Spring-Fall) and -20C down (Winter)
	Sleeping pad	Thermarest or Exped
	Ground Tarp	5'x7' is a good size, reflective one side good option
	Water bottles	Wide mouth Hard plastic Nalgene, 1@1L and 1@750ml
	Hydration Bladder	Optional; hose will freeze in cold temps
	Eating bowl	Light weight, collapsible is nice
	Drinking cup	Plastic, insulated
	Eating utensils	Spoon, spork and/or fork
	Small Knife	Foldable with a couple other tools on it is great
	Whistle	Fox 40 on a lanyard
	Headlamp	60 lumens or so and spare batteries
	Stuff sacks	3 with 2 having compression straps for clothes & sleeping bag
	Garbage bags	2 large. Great to line stuff sacks or in an emergency
	Journal & pencil	Waterproof or in a ziplock
	Small book	In a ziplock
	Sun glasses	UVA, UVB good tint & wrap around
	Chap stick & sun screen	Chap stick on lanyard around neck. SPF 40+
	Personal meds	Keep in a Ziplock
	Blister Kit	Moleskin, Tape, 2nd skin and duck tape
	Personal hygiene kit	Tooth paste, brush, floss. Leave deodorants at home
	Hand sanitizer	Small amount with attachment for pack
	Toilet paper	3/4 roll should be fine
	Bandana & bug juice	Cotton is fine. Small flask
	Mesh net	For protecting head against mosquitoes & black flies
	Small day pack	Super light weight and compressible
	Goggles	For windy, snowy days
	Hiking poles	Light weight, collapsible is good

