

SEMESTER GEAR LIST

Headlamp



An important piece of equipment that is useful in many situations. Something in the 150-200 lumens is good, with AAA batteries for a power source. Petzl and Black diamond are good brands.

Daypack



Useful to carry small amounts of gear for a day trip, and also handy to transport items such as books, journals, stationary and an extra layer, to and from classroom locations. A size between 20L and 30L should be fine. Osprey and Deuter are Good brands.

Insulated Mug



Always useful around camp, or on trips, keeps a hot drink at hand and prevents it from getting cold too fast if it has a lid on. Avoid metal unless it is made with a double wall. GSI and Yeti are good brands.

Eating Bowl



This can be made of hard plastic or a collapsible material. This will be a main eating container on our trips and should hold a good serving of food. Something with a lid is a nice bonus. GSI or Sea to Summit works.

Stuff Sack Kit



You will find these very useful to bring gear and clothing on trips, as they help keep things organized, dry and clean. One of the sacks should have compression straps to help keep your sleeping bag or clothes in a tight bundle. OR and Sea to Summit are good brands.

Sleeping Pad



Made to create a comfortable and insulating layer when in the backcountry, a sleeping pad is indispensable and an important piece of gear. Inflatable is recommended, and brands that would work include Thermarest, Sea to Sky and Exped.

Water Bottles



A one litre plastic or metal water bottle is a must have, as keeping hydrated can prevent a host of problems. Make sure lid is leak-proof and that the bottle is in good working order. A second 500ml bottle is a great addition and comes in handy. Nalgene or Klean Kanteen are good.

Journal & Pen



Pick something that you like that is around 250-280 pages. This will be a main tool for taking notes and reflection during the program. Make sure it is of good quality and that you'll enjoy writing in. An elastic to keep it closed is a bonus. Something to write with as well. Staples has some.

Camera



Having a small camera serves to keep a record of our experiences and is a fun tool to share memories. Keep it small, with a case, extra batteries, and a charging cord.

Sleeping Bag



This piece of gear should be rated to at least -18C and can be synthetic or down. Make sure it is a Mummy style with a hood. This is an important piece of gear and if well cared for, will last for years. Rab, MEC or Nemo are good brands. Down lasts longer is can be compressed really small.