



## What to Bring List

If you have any questions about this list, or if you would like recommendations of where to purchase these items, or if you need suggestions... please ask. The list does not include basic living items such as your toothbrush and casual clothes. For recommendations and introductory product knowledge, you can click the 'LEARN' heading on the MEC (Mountain Equipment Coop) web site, or pursue research on your own accord via online articles or your local library.

**REQUIRED** - You *must* have these items with you when you start the program.

- Hiking boots (FULL leather, Gore-tex, or plastic; canvas/leather light hikers won't last)
- Backpack (it must fit you; internal or external frame, >60L)
- Sleeping bag (we recommend down or hybrid mummy bags, -10 rating or lower)
- Sunglasses with UV protection
- Headgear: hat, toque, and/or bandanna(s)
- Raingear (waterproof or waterproof/breathable raincoat, poncho for emergencies)
- Wool or fleece sweater(s)
- Hiking pants (NOT jeans) could include nylon, polyester, soft shell, etc.
- Other necessary clothing
- Gaiters (we will be hiking and camping in snow)
- Wool socks
- Orienteering compass with sighting mirror and base plate (the Silva Ranger is a good industry standard)
- Mittens (preferably) or gloves
- Extra footwear (so that you don't have to live in your hiking boots)
- Headlamp and extra batteries
- Knife (you can get reliable Mora knives at Campers Village or Peavey Mart for approx. \$15)
- Backcountry eating gear (e.g. utensils, squishy bowl, mug)
- Sleeping pad (closed cell foamy or Thermarest)
- Personal water bottle(s) (with your name on it; pop bottles are acceptable; 2-3L worth or a hydration pack)
- Watch (must count seconds either digitally or via analog as this will be used in first aid)
- Cigarette lighter
- Matches (Strike anywhere)
- Snowshoes (camp has a few pairs to lend out if you ask)
- Bible (you may also want a small one to take on outtrips)



## RECOMMENDED

Rain pants (in the highly recommended category)  
Down Jacket (in the highly recommended category)  
Daypack (20-40 litres)  
Rain pack-cover for your >60L backpack  
Base layer(s) (Merino and/or bamboo blends are ideal however any poly blends work...but retain body odour)  
Sleeping bag Liner (provides a bit more warmth, and makes washing a lot easier)  
Extra bedding (if you don't want to live in your outtrip sleeping bag at camp)  
Sunscreen + Bug spray  
Whistle (Fox 40 is a reputable brand)  
Swimwear  
Leatherman Multi-tool  
Dry bags  
Garbage bags  
Ziploc bags

## OPTIONAL

Trekking poles/hiking stick  
Small tent  
Solo tarp  
Hut booties  
Bivouac sac  
Mountaineering ax  
Lightweight backpacking stove + fuel  
Water filter or other water purification methods (steri-pen, tablets, etc)  
Duct tape  
Surveying (flagging) tape  
First aid kit  
Musical instruments  
Climbing equipment  
Canoeing equipment  
Archery equipment  
Mountain bike  
Kayak  
Slackline  
Rock climbing helmet for scrambling  
Camera  
GPS unit



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Satellite communication devices

Backpacking solar panel

Other applicable outdoor equipment

**DO NOT BRING**

Firearms

Illegal drugs

Alcohol

Pets

Peanut products