

View our checklist video at: <http://tsxchallenge.com/backpacking-checklist/>

Pack

- external or internal frame pack with belt (provided if needed) *
- rain cover (large garbage bag, ≥ 33 gal)
- stuff sack (may be used for sleeping bag)

Clothing

(depending on personal temperature requirements, you may need more or less than listed)

Top (4 layers min.)

- base layer/long underwear/thermal top
- short sleeve shirts (pack 2, wear 1)
- long sleeve shirt
- warm jacket or fleece parka (200 weight)

Bottom (2 layers min.)

- base layer/long underwear/thermal bottoms
- hiking pants (light weight, not jeans)
- hiking shorts (does not count as a layer)
- underwear (does not count as a layer)

Accessories

- bandanna
- beanie/tuque/knit cap
- cap or hat with brim
- flashlight or headlamp (small)
- gloves or mittens
- insect repellent
- mosquito head net
- poncho or rain gear (jacket/pants)
- sunglasses (100% UV protection)
- sunscreen (rated at least 30 SPF)
- toilet paper (white, unscent.ed)
- toothbrush and paste
- ziplock bag (used for TP)

Kitchen

- plastic bowl (≥ 6 inches)
- plastic cup (≥ 8 oz)
- spoon or spork (soup size)
- water bottles (2) or bladder (all participants should have at least 2 quarts/liters capacity)

Shelter

- sleeping bag + stuff sack (provided if needed) *
- sleeping pad (provided if needed) *
- tent with rain fly (provided if needed) *

Footwear

- heavy socks (wool, pack 2, wear 1)
- hiking boots (comfortable and broken in)
- light weight camp shoes (with heel/strap)
- moleskin (1 package, wrapper removed)
- ✓ instep crampons (as conditions warrant)

Optional

- chap stick (recommended)
- camera or smartphone (for pictures)
- pajamas bottoms (camp or sleep wear)
- cards or small games
- extra batteries for flashlight
- fishing gear
- hiking poles
- money (for souvenirs or guide gratuity)
- pen and paper
- personal 1st aid items
- pocket knife
- reading material
- swimsuit
- tampons

Group Equipment

- ✓ bear canisters
- ✓ cleaning pad and soap
- ✓ cooking utensils
- ✓ first aid kit
- ✓ fuel bottles and fuel
- ✓ large cooking pots
- ✓ lighters and matches
- ✓ small shovel
- ✓ stoves
- ✓ water carriers
- ✓ water filters and purification tablets

✓ Provided by TSX

*Pack, tent and sleeping bag/pad provided at no additional charge on request.