

For packing tips, view our video at: <https://youtu.be/04L0juuGqIQ>

## Pack

- external or internal frame pack with belt (provided if needed) \*
- rain cover (large garbage bag, ≥ 33 gal)

## Clothing

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

### **Top (4 layers min.)**

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

### **Bottom (2 layers min.)**

- base layer/long underwear/thermal bottoms
- hiking pants/leggings (light weight, not jeans)
- underwear (not a layer)

## Footwear

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

## 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 jacket
- sunglasses (100% UV protection)
- sunscreen (rated at least 30 SPF)
- toilet paper (white, unscented)
- toothbrush and paste
- water bottles (2) or bladder (all participants should have at least 2 quarts/liters capacity)
- ziplock bag (used for TP)

## Shelter

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

## Kitchen

- plastic bowl (≥ 6 inches)
- plastic cup (≥ 8 oz)
- spoon or spork (soup size)

## Optional

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

## Group Equipment

- bear canisters
- cleaning pad and soap
- cooking utensils
- first aid kit
- fuel bottles and fuel
- hand washing station
- large cooking pots
- lighters
- 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.**