

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

<u>Pack</u>	<u>Shelter</u>
<input type="checkbox"/> external or internal frame pack with belt (provided if needed) * <input type="checkbox"/> rain cover (large garbage bag, ≥ 33 gal)	<input type="checkbox"/> sleeping bag + stuff sack (provided if needed) * <input type="checkbox"/> sleeping pad (provided if needed) * <input type="checkbox"/> tent with rain fly (provided if needed) *
<u>Clothing</u>	<u>Kitchen</u>
(depending on personal temperature requirements, you may need more or less than listed) Top (4 layers min.) <input type="checkbox"/> base layer (long underwear/thermal top) <input type="checkbox"/> long sleeve shirt <input type="checkbox"/> short sleeve shirts (pack 1, wear 1) <input type="checkbox"/> warm jacket or fleece parka (200 weight)	<input type="checkbox"/> plastic bowl (≥ 6 inches) <input type="checkbox"/> plastic cup (≥ 8 oz) <input type="checkbox"/> spoon or spork (soup size)
Bottom (2 layers min.) <input type="checkbox"/> base layer (long underwear/thermal bottoms) <input type="checkbox"/> hiking pants/leggings (light weight, not jeans) <input type="checkbox"/> underwear (not a layer)	<u>Optional</u>
<u>Footwear</u>	<input type="checkbox"/> chap stick (recommended) <input type="checkbox"/> camera or smartphone (for pictures) <input type="checkbox"/> camp or sleep wear <input type="checkbox"/> cards or small games <input type="checkbox"/> extra batteries for flashlight <input type="checkbox"/> fishing gear <input type="checkbox"/> hiking poles <input type="checkbox"/> hiking shorts <input type="checkbox"/> money (for souvenirs or guide gratuity) <input type="checkbox"/> pen and paper <input type="checkbox"/> personal 1 st aid items <input type="checkbox"/> pocket knife <input type="checkbox"/> reading material <input type="checkbox"/> rain pants <input type="checkbox"/> swimsuit <input type="checkbox"/> tampons
<input type="checkbox"/> hiking socks (wool/synthetic, pack 2, wear 1) <input type="checkbox"/> hiking shoes (comfortable and broken in) <input type="checkbox"/> light weight camp shoes (with heel/strap) <input type="checkbox"/> moleskin (1 package, wrapper removed) <input checked="" type="checkbox"/> instep crampons (as conditions warrant)	<u>Group Equipment</u>
<u>Accessories</u>	<input checked="" type="checkbox"/> bear canisters <input checked="" type="checkbox"/> cleaning pad and soap <input checked="" type="checkbox"/> cooking utensils <input checked="" type="checkbox"/> first aid kit <input checked="" type="checkbox"/> fuel bottles and fuel <input checked="" type="checkbox"/> hand washing station <input checked="" type="checkbox"/> large cooking pots <input checked="" type="checkbox"/> lighters <input checked="" type="checkbox"/> small shovel <input checked="" type="checkbox"/> stoves <input checked="" type="checkbox"/> water carriers <input checked="" type="checkbox"/> water filters and purification tablets
<input type="checkbox"/> bandanna <input type="checkbox"/> beanie/tuque/knit cap <input type="checkbox"/> cap or hat with brim <input type="checkbox"/> flashlight or headlamp (small) <input type="checkbox"/> gloves or mittens <input type="checkbox"/> insect repellent <input type="checkbox"/> mosquito head net <input type="checkbox"/> poncho or rain jacket <input type="checkbox"/> sunglasses (100% UV protection) <input type="checkbox"/> sunscreen (rated at least 30 SPF) <input type="checkbox"/> toilet paper (white, unscented) <input type="checkbox"/> toothbrush and paste <input type="checkbox"/> water bottles (2) or bladder (all participants should have at least 2 quarts/liters capacity) <input type="checkbox"/> ziplock bag (used for TP)	

✓ Provided by TSX

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