Baffin Island Backpacking Checklist

view your Baffin Island trek page

camp & hike*

- ☐ expedition backpack (65-80L capacity)*
- ☐ hiking poles (*see note*)
- ☐ sleeping bag rated -3 C or better*
- ☐ sleeping pad (R-Value 4 or better)*
- ☐ water bottle or thermos (1L capacity)
- ☐ waterproofing system (*see note*)

clothing

top

- ☐ short sleeve shirts (2)
- ☐ long sleeve shirt or base layer
- ☐ light fleece or sweater
- ☐ long sleeve softshell jacket
- ☐ packable down jacket
- ☐ rain jacket with hood (recommend GoreTex)

bottom

- ☐ underwear (pack 3, wear 1 suggested)
- ☐ long underwear or base layer tights (2)
- ☐ hiking pants (not jeans or leggings)
- ☐ rain pants (recommend full-zip GoreTex)

accessories

- ☐ buff (for neck warmth, eye cover for sleep)
- ☐ insect head net
- ☐ insect repellent
- ☐ lip balm (rated at least 15 SPF)
- ☐ personal medications, if any
- ☐ sun cap or hat with brim
- ☐ sunglasses (100% UV protection)
- ☐ sunscreen (rated at least 30 SPF)
- ☐ toothbrush, toothpaste
- ☐ warm beanie/tuque/knit cap
- ☐ zip lock bags (for personal waste)

if needed

- ☐ menstrual products
- ☐ 3 or 4 lined and disposable bags (eg. airplane sick bags with plastic lining)
- ☐ large ziploc bag or small dry bag (5L) to contain all items above
- ☐ unscented wet wipes

footwear

- ☐ insulated footwear (MANDATORY!)
- ☐ moleskin or preferred blister care
- ☐ sturdy hiking boots (not trail runners)
- ☐ wool or synthetic socks (pack 2, wear 1)

hands

- ☐ lightweight warm gloves
- ☐ wind-resistant mitts or gloves

optional

(the less you bring, the less you carry!)

- ☐ book or e-reader with waterproof case
- ☐ bum pad/seat
- ☐ flashlight or headlamp
- ☐ inflatable camp pillow
- ☐ lightweight camp shoes
- ☐ moisturizer
- ☐ pair of hiking gaiters
- ☐ pair of quick dry shorts
- ☐ pen and paper
- ☐ phone, camera, extra batteries
- ☐ portable solar charger/power bank
- ☐ small biodegradable soap/shampoo
- ☐ small dry bag (10L-15L) for your day pack
- ☐ small game or shareable activity
- ☐ small, light day pack (collapsible)
- ☐ sports bra
- ☐ thermos (for hot drinks during day)
- ☐ your favorite snack

*A tandem Hilleberg tent will be provided (two people per tent). We have a limited supply of additional equipment available if arranged before June 1st. We may not be able to accommodate your request if made after this date, or an additional fee may apply. Solo tent requests may also require an additional fee. Getting gear to and from the arctic is expensive and takes time, thank you for your understanding!

About our Baffin Island Checklist

A tent, all kitchen and toilet gear, food and fuel are all provided on this trip. Additional items may be made available upon request. Please plan to add between 10-15 lbs of group food and gear to your pack. If you have any questions about the items on the list, please don't hesitate to ask!

Packing & Camping Strategy

Organize your pack so the things you'll need while hiking are easy to reach – river-crossing booties and socks, rain gear, warm layers, sunscreen, lip balm, snacks, and water. Choose layers that work for both hiking and camp but keep one set of base layers just for camp and another just for hiking. Staying clean with quick "bird baths" and keeping a clean set of camp clothes will help you stay warm and comfortable.

To keep pack weight down, minimize personal clothing and gear. Think carefully about what you really need… many items are optional. The lighter your pack, the more enjoyable your trip.

Test your setup! Load your pack with everything you plan to bring. There should still be room for your share of food and group gear. Without food and group gear, your pack should weigh around 30 lbs, lighter is even better! Then, add a few heavy items and try hiking with elevation gain and uneven terrain. Afterward, see what you can cut to make your pack lighter.

Footwear Tips

Your boots are your most important piece of gear. They need to be in excellent condition, comfortable, and well broken in. If you buy new boots, wear them for several weeks and many miles before the trip to ensure a proper fit and prevent blisters.

Recommended socks: Darn Tough. Other good options include Icebreaker, Bridgedale, and Smartwool.

Backpack

Your pack should fit well and transfer most of the weight to your hips. The best way to test fit is to try it on with weight inside. To keep gear dry, consider a rain cover, an interior liner (such as a heavy-duty contractor bag), or a set of dry bags for items like your sleeping bag and clothing.

Stream Crossings

At times you'll need to wade through glacial streams for up to 30 minutes. For safety, you must have hiking poles and ***insulated footwear that can get wet, stay warm, and protect your feet from rocks***. Good options include neoprene booties, old running shoes or trail runners, or closed-toed sport sandals paired with 2 mm neoprene socks.