



## Multi-Day Adventure - Packing List

We would like for you to be as comfortable and prepared as possible for hiking outside for multiple days. Below, please find tips and recommendations on what to bring

### A few tips to start:

- It's all about layers! - the ancient art of layering lets you regulate your temperature on-the-go as activity level changes or as the weather changes
- No Cotton
- 60 – 80 Litre Backpack with rain cover - do not pack your bag full as you will be need to carry your own water and you will be given food to carry for the duration of the hike
- 2 Litre hydration reservoir – we recommend this for easy access of drinking water on-the-go Hydration reservoirs also make sure you stay properly hydrated throughout the duration of the hike
- 1 – 1.5 Litre Nalgene water bottle - even with hydration reservoir, water bottles are handy for around camp
- Maximum of 3 hiking outfits
  - 1 outfit for warmer days and 1 outfit for colder days
  - 1 outfit for at camp and to sleep in – your camp outfit should be comfortable and warm as nights in the backcountry may cool off. Your camp outfit will always be packed away dry in your backpack so you have warm dry clothes to sleep in every night
- We won't be able to use many toiletries in the backcountry - bring deodorant if you wish and baby wipes often become handy. Don't forget your toothpaste and your non-electrical toothbrush ;) Please do not bring shampoo, conditioner or any other kind of soap, as it will add extra weight. We won't be able to use it in the backcountry as it destroys precious ecosystems

### Sunshine:

- Summer hiking boots - make sure to **walk-in your boots** before coming on the trip to avoid blisters
- Sunscreen and SPF-rated lip balm
- Sunglasses
- Hat
- Bandana
- Underwear – 2 to 4 pair
- Active wear socks – 2 to 4 pair
- Active wear bra – women – 1 pair
- Active wear pants or leggings – 1 pair
- Active wear shorts – 1 pair
- Active wear shirt – 1 pair

- Active wear long sleeve shirt – 1 pair
- Active wear light blouse - optional
- Light jacket or fleece jacket
- Swimmers - we'll find somewhere to cool down
- Lightweight quick dry packable towel

*Rain: always bring rain gear no matter the forecast – mountain weather can be very unpredictable*

- Waterproof hiking boots - make sure to **walk-in your boots** before coming on the trip to avoid blisters
- Waterproof rain jacket with hood
- Waterproof rain pants
- Extra active wear socks
- Large dry bag for waterproofing your clothes within your backpack
- Small dry bag for waterproofing camera and other personal belongings

*Higher elevation:*

- Warm insulated jacket or vest
- Long underwear
- Toque
- Neck gaiter
- Gloves - thin ones should be fine for summer time

*Camping:*

- Tent – we provide you with a lightweight 2 person backcountry tent
  - a single tent “privacy” upgrade rental is available
- Sleeping Bag – we offer comfortable and compressible lightweight sleeping bags for rent
  - if you choose to bring your own sleeping bag, consider these important features
  - a 10 Litre compression sack can reduce the size of the sleeping bag considerably
- Sleeping Mat – we offer comfortable and compressible lightweight sleeping bags for rent
  - if you choose to bring your own sleeping mat, consider these important features
- Headlamp – don't forget one set of extra batteries
- Small inflatable pillow – or a small stuff sack to stuff clothing in to act as a pillow
- A cup, bowl and set of utensils for eating and drinking. We will provide cooking equipment
- 1 – 1.5 Litre Nalgene water bottle - water bottles are handy for around camp
- Flip-flops or sandals – it's a good feeling to kick off those hiking boots and walk around with a light pair of sandals around camp

*Other:*

- Camera – there will be plenty of photo opportunities
- Mobile Telephone
- Identification
- Cash money and credit card
- A small book or journal to read and/or write

Optional:

- Fanny pack - handy for on-the-go; telephone, camera, medication, personal belongings
- Collapsible trekking poles – we recommended this to help prevent rolling ankles, save your knees and increase balance
- Compactable binoculars

If you have any questions or concerns, please don't hesitate reaching out to us! We're here to help and we want you to have a well-packed backpack with the right gear so you can focus on enjoying your adventure and connecting with nature