

## Backpacking Gear & Clothing List

We supply group camping and cooking equipment and a full expedition emergency first-aid kit. You will need to bring personal backpacking equipment and clothing. When purchasing gear consider both functionality as well as weight. Lightweight packs, sleeping bags, sleeping mats and clothing are readily available and will lighten your load substantially.

What you bring will have a big impact on the quality of your experience. Please take the time to read the information below. Make sure you have all your clothing and gear beforehand, reserve rentals in advance.

Gear List		
	<b>BOOTS</b>	These should be 'broken-in' and have good ankle support and tread, with 'Vibram' soles or equivalent. Your boots will make or break your holiday so some time spent getting used to them is time well spent.
	<b>GAITERS</b>	<i>OPTIONAL.</i> Recommended early & late season. Really help to keep feet dry and socks and pants clean from mud etc.
	<b>LARGE BACKPACK</b>	This should be between 55 and 75 Liter capacity depending on the bulk of your personal gear and length of the trip. In it you will carry your clothing, sleeping bag and mat, plus your fair share of group camping gear and food which is typically an extra 10 – 15 liters of space. <b>Lightweight packs are recommended.</b>
	<b>PACK COVER</b>	This should be waterproof and large enough to cover the outside of your pack to keep the contents dry in a rain storm. You can also line your pack with plastic bags to keep gear dry.
	<b>SLEEPING BAG</b>	We recommend a '3 season' bag as temperatures can drop to below freezing at night. A bag with synthetic fill functions better in wet conditions. Make sure you bring a stuff sac lined with a plastic garbage bag that will reduce your bag to its minimum size (i.e. one with compression straps). This will provide enough space in your pack for everything else. <b>Lightweight bags are recommended.</b>
	<b>SLEEPING MAT</b>	<b>Lightweight</b> "Therm-a-rest" mats are recommended <i>except on Wapta Ice Hike.</i>
	<b>TREKKING POLES</b>	We cannot recommend these enough!
	<b>SUNGLASSES</b>	Regular or prescription with UV protection and hard case.
	<b>HEADLAMP</b>	Make sure that you have extra batteries. A small flashlight will also suffice.
	<b>WATER BOTTLE</b>	At least 1 liter capacity. Hydration bladders with tubes work great as well.
	<b>SMALL BLISTER &amp; PERSONAL FIRST AID KIT</b>	Bring enough tape and blister treatment pads for personal use as well as double the amount of prescription medication so your guide can store an extra set with the group First Aid Kit in case something happens to your personal supply.
	<b>SUN BLOCK &amp; LIP BALM</b>	At elevation there is greater UV exposure, an SPF 30 or higher is recommended.

<b>BOWL, SPOON, LARGE MUG &amp; LIGHT POCKET KNIFE</b>	Un-breakable plastic or light metal set works best. No glass or ceramics. Heavy fixed bladed hunting knives, machetes, axes, etc. Not required.
<b>PERSONAL TOILET ITEMS</b>	Keep to a minimum, no scented items as we will be in bear country. These <b>MUST</b> be stored in the group food hangs each night and not be kept in the tents.
<b>INSECT REPELLENT</b>	Those with a high DEET content are most effective, but can irritate the skin and cause damage to gear. Natural alternatives available, also consider a light-weight bug jacket if you are very sensitive to bites.
<b>CAMERA &amp; SPARE BATTERIES/MEMORY</b>	Point and shoot digital cameras work best for almost all situations and are much lighter than SLR cameras with multiple lenses.
<b>LIGHTWEIGHT COLLAPSIBLE UMBRELLA (OPTIONAL)</b>	

## CLOTHING

Clothing must be durable to withstand mountain conditions, multi-purpose to keep packs light and compressible to leave room for food and gear in your pack. Cotton clothing is NOT recommended as an insulating layer as it causes rapid heat loss when wet. Think of layering your clothing so that you have options for different temperatures and conditions.

<b>Clothing List</b>	
<b>Wool or fleece HAT</b>	Great to wear at night to keep you warm.
<b>SUNHAT</b>	Wide brim or baseball style with bandana to cover your neck.
<b>3 – 4 WARM UPPER BODY LAYERS</b>	1. Light weight polypro top. 2. Medium or expedition weight polypropylene top. 3. Fleece jacket or Puffy pull-over. 4. Optional additional warm layer (puffy vest).
<b>LONG SLEEVED SHIRT &amp; T-SHIRT</b>	For warm dry sunny days.
<b>RAIN JACKET with HOOD</b>	Sufficient to withstand a day of rain/snow. Waterproof/Breathable shell is best.
<b>LIGHT GLOVES or MITTS</b>	Gloves are great around camp for setting up and eating.
<b>SOCKS</b>	3 sets of your preferred sock combinations. We recommend wool blend socks.
<b>SHORT PANTS</b>	Synthetic, quick drying and preferably not cotton.
<b>LONG HIKING PANTS</b>	Synthetic or wool blend, pref. windproof & quick drying. NOT jeans or cotton.
<b>RAIN PANTS</b>	Sufficient to withstand a day of rain or snow. Waterproof/Breathable shell is best.
<b>WARM PANTS</b>	For evenings or in case cold weather. We suggest fleece pants, Thick long johns work too.
<b>LIGHT FOOTWEAR</b>	Sandals, running shoes etc for creek crossings and use around camp.

**Please don't hesitate to contact us if you have any questions about gear or clothing.**

**Rental Gear:** Yamnuska has packs, sleeping bags, and sleeping mats for rent. Contact us in advance to reserve.