



BACKPACKING COURSE EQUIPMENT LIST

Basic personal equipment

- Boots:** Sturdy hiking or backpacking boots, must provide good support and fit well.
- Backpack:** An internal frame backpack with a capacity of 60-80 litres will allow you to carry all your gear.
- Outerwear jacket:** An outer layer waterproof/breathable shell with hood (Gore-tex, etc.). Non-insulated is best.
- Outerwear pants:** waterproof/breathable shell, **non-insulated**.
- Personal clothing layers:** layering works well, no cotton. Below is a suggested guideline, personal preference will affect choices.
 - Base layer for top and bottom (1 each)
 - mid-weight softshell hiking pants
 - lightweight sweater/mid layer for top
 - Softshell or fleece jacket
 - Insulated jacket with hood, synthetic or down. Weight depends on temperatures and weather conditions
 - 2 pairs socks & 2 pairs underwear
- Gloves:** lightweight gloves
- Gaiters:** ensure they fit over your boots (optional, useful for muddy and/or snowy conditions)
- Toque/warm hat:** wool or fleece
- Hat with sun visor:** baseball cap, etc.
- Sunglasses:** ideally with 100% UV blockage and provide full protection
- Headlamp:** small size. Headlamps are preferable to handheld flashlight.
- Water bottle/hydration system:** 1 litre minimum, 2 litres is ideal
- Compass & map:** pack maps in waterproof bag. Contact your Guide/CWMS Office for map # in advance
- Knife:** Small folding style knife or multi-tool
- Personal kit:** (toothbrush, toilet paper, foot-care supplies, etc.) Keep kit to a minimum and bring only essentials
- Sunscreen:** Minimum 30 spf
- Insect repellent**
- Note pad and pencil:** optional
- Hiking pole(s):** Optional yet useful for the approach and descent to/from your camp

Camping Equipment (we encourage participants to share communal **starred items such as tents, stove, food, etc to save on weight)

- Sleeping bag:** Synthetic or Down, rated to -5 degrees Celsius (unless current conditions require a warmer or colder rating)
- Sleeping pad:** Thermo-rest style inflatable, or closed cell foam (Ensolite style)
- Eating utensils:** cup, bowl, spoon
- ** Food as required:** Please consult with your Guide/CWMS Office staff in advance if you need assistance in planning
- ** 2-3 person tents:** as necessary
- ** Gas stoves:** include matches/lighter, basic stove-specific repair items, small platform or base for the stove
- ** Cooking sets:** bring pot sizes that are appropriate to the meals and groups size

Please discuss this list with your Guide/Instructor, or with our office staff in advance, to make sure you are prepared for the field session. If you **need to purchase or rent equipment**, make sure to contact stores well in advance to ensure that what you require is available!