



Canada West Mountain School - www.themountainschool.com

MULTI-DAY BACKPACKING GEAR LIST

This Gear List is the minimum required for a successful and enjoyable backpacking trip in South West British Columbia. Please keep in mind that on your traverse you will be at elevations of up to 2,000 meters above sea level; weather conditions may include below zero temperatures, rain, snow and high winds as well as high summer temperatures; much of your travel will be in off-trail and rough terrain; and, consider the weight factor as you will need to carry all gear for multiple days.

Basic personal equipment

- Boots:** Sturdy backpacking boots, must provide good ankle 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**. Full zips are ideal for venting and ease of on/off with boots on
- 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 synthetic climbing/hiking pants
 - lightweight sweater/mid layer for top
 - Softshell jacket (fleece, windstopper, etc)
 - Insulated jacket with hood, synthetic or down. Weight depends on temperatures and weather conditions
 - 2 pairs socks & 2 pairs underwear
- Gloves:** Medium-weight gloves, plus light gloves for around camp
- Gaiters:** ensure they fit over your boots
- Toque/warm hat:** wool or fleece
- Hat with sun visor:** baseball cap, etc.
- Sunglasses:** must have 100% UV blockage and ideally provide full protection with wrap-around style, or side shields
- Headlamp:** small size with extra batteries
- Water bottle/hydration system:** 1 litre minimum, 2 litres is ideal.
- Small thermos:** optional, but very nice to have a hot drink during the travel days!
- Compass & map:** Optional, Guide will have maps as well. Contact CWMS Office for map #s in advance
- Lightweight camp shoes:** Optional, yet nice for around camp after a day in the boots; also useful for creek crossings.
- 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:** pack in plastic bag and keep separate from the rest of your gear
- Note pad and pencil:** optional
- Hiking pole(s):** Optional, much of the travel is on rough terrain and off trail so poles are helpful.
- Covid-19 Kit and PPE:** hand sanitizer; medical mask, or re-useable face covering; and medical gloves.
NOTE: CWMS provides this for everyone, but ideally each person also brings their own personal face mask and hand sanitizer.

Camping Equipment

- Sleeping bag:** Synthetic or Down, rated to at least -5 degrees Celsius
- Sleeping pad:** Thermo-rest style inflatable, or closed cell foam (Ensolite style)
- Eating utensils:** cup, bowl, spoon
- * **Tents:** as necessary, suitable for 3 season or 4 season conditions.
- * **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

*starred items may be supplied by CWMS if requested in advance.

Note that some items may not be required on your specific trip due to weather or seasonal conditions. 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!