



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 Southwest British Columbia. Please keep in mind that on your hikes you may 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:** See Compass Essentials - <https://classroom.themountainschool.com/course/compass-use-and-selection>
- 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.

Camping Equipment

- Sleeping bag:** Synthetic or Down, rated to at least -5 degrees Celsius
- Sleeping pad:** Therma-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

Here are a few local outdoor stores that carry good quality outdoor gear:

- **MEC**, 111 East 2nd Ave., Vancouver, 604-872-7858
- **MEC**, 212 Brooksbank Ave., North Vancouver, 604-990-4417
- **Valhalla Pure**, Station Square, Squamish 604-892-9092 (rentals available)
- **Climb On Equipment**, Squamish 604-892-2243 (rentals available)
- **Escape Route**, Whistler and Squamish, 604-892-3228 (rentals available)

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!

Canada West Mountain School ■ 240-400 Brooksbank Ave, North Vancouver, BC V7J 2C2 ■ 604.878.7007 ■ 1.888.892.2266