



DAY HIKING EQUIPMENT LIST

Personal equipment

This is considered a basic list for a day hike in Southwest British Columbia during spring, summer and fall seasons. Plan and prepare for all conditions; even in the middle of summer cool and rainy conditions can be expected. Higher elevations typically have snow on the ground until late July, and many trails are wet even during dry seasons. Please consult our office for more details or if you have any questions.

- Boots:** Hiking boots or hiking shoes, broken-in and waterproofed
- Backpack:** A 25–40-liter capacity daypack will allow you to carry all your gear
- Outer shell Jacket:** An outer layer waterproof-breathable shell jacket with hood - Gore-Tex style
- Outer shell pants:** Lightweight waterproof pants. Full leg zippers are ideal to allow ease of on/off
- Gaiters:** *optional* - good for keeping snow, water, and debris out of boots
- Gloves:** lightweight gloves - wool, synthetic or fleece gloves
- Personal clothing layers:** Shirt, sweater, vest, etc. – make sure they are synthetic or wool blend – preferably no cotton
- Warm jacket:** Medium weight puffy-style, fleece, or wind-stopper, appropriate to the weather forecast
- Toque/warm hat:** Wool or fleece style insulating hat
- Hat:** With sun visor or full brim e.g., baseball cap, etc.
- Sunglasses:** Ensure they block 100% UV
- Headlamp:** Standard emergency item; even the best planned trip may have unexpected delays causing a return after dark
- Sunscreen:** Minimum 30 spf
- Insect repellent:** Keep in a double plastic bag to avoid leaking
- Water bottles/Hydration system:** minimum 1 liter (2+ liters for extended treks)
- Walking poles:** (optional) ski or walking poles are helpful in loose or slippery conditions
- Compass:** See Compass Essentials - <https://classroom.themountainschool.com/course/compass-use-and-selection>
- Notebook and pencil:** A small field book or notebook, and a pencil for recording notes and bearings
- Umbrella:** Optional, but if it is raining, a small collapsible umbrella is nice to have!
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- GPS or a phone with a GPS app installed:** (optional) Many free GPS apps exist for most phones
- Personal First Aid kit:** Basic first aid and blister kit; and personal medications if relevant (*a group Emergency & First Aid kit will be supplied by Canada West Mountain School trip leader*)
- Misc. items to consider:** Camera; thermos; pocket-knife or small multitool; binoculars; insulated sit-pad

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)

If you need to purchase or rent equipment, please contact the store well in advance of the course to ensure that what you require is available!