



## 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 many backpacking trips 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 journey will be in off-trail and rough terrain including possible snow; and consider the weight factor as you will need to carry all gear and food for multiple days.

### Basic personal equipment

- Boots:** Sturdy *backpacking* boots with good ankle support. They must fit well and be broken in (avoid starting your trip with brand new boots!)
- Backpack:** An internal frame 60-80 litre backpack will allow you to carry all your gear. Make sure it is properly adjusted & fitted to your back.
- Pack Rain-cover:** in addition to lining the inside of your pack, an external rain cover helps to keep essentials dry
- Outerwear jacket:** An outer layer waterproof/breathable non-insulated shell with hood (Gore-tex, etc.).
- 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 (1-2)
  - lightweight sweater/mid layer for top
  - softshell style jacket (fleece, windstopper, etc.)
  - mid-weight softshell synthetic climbing/hiking pants
  - base layer for bottom (optional, depends on conditions, temperature and personal preferences)
  - insulated jacket with hood, synthetic or down. Weight depends on temperatures and weather conditions
  - 2 pairs of socks & 2 pairs of underwear
- Gloves:** Medium-weight gloves, plus light gloves for around camp
- Gaiters:** ensure they fit over your boots, can be small “ankle-gaiters” to keep debris and water out of 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
- Compass & map:** pack maps in a waterproof Ziploc bag. Contact CWMS office for map details in advance
- Lightweight camp shoes:** Optional, yet nice for around camp after a day in the boots; also useful for creek crossings if encountered
- Knife:** Small folding style knife or multi-tool
- Personal kit:** Bring *only* essentials (toothbrush, toilet paper, small/personal 1<sup>st</sup> Aid & foot-care supplies, medications, etc.)
- Sunscreen:** Minimum 30 spf & lip care protection
- Insect repellent:** pack in plastic bag and keep separate from the rest of your gear
- Bug hat:** Recommended for added comfort and protection against mosquitoes and other biting insects that you may encounter
- Hiking pole(s):** Much of the travel is on rough terrain and off trail so 1 or 2 poles are very helpful
- Bear spray:** Small, personal canister of bear deterrent w/holster, recommended in bear territory
- Water purification:** (Pristine drops, Aquatabs, UV pen, hand pump, etc.)

### Camping Equipment \*\*starred items such as tents, stove, etc. (*may be supplied by CWMS if needed*)

- 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
- \*\* **Tent:** as necessary, suitable for 3 season or 4 season conditions. Ensure there are “guylines” attached to all tie-down points on the rainfly.
- \*\* **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

### Food

- Meals & snacks (w/storage sack for “bear hangs”):** suitable for the duration of trip. Contact CWMS office for support with food planning

Please discuss this list with us in advance, to ensure you are prepared for the trip. **If you need to purchase or rent equipment,** be sure to contact stores in advance to confirm that what you require is available!