

Essentials:

Hiking Shoes
 Open toed shoes or sandals
 Water Bottle
 Water proof matches and fire starter
 Headlamp/flashlight
 Multi-tool/pocket knife
 Insect repellent
 Sunglasses
 Sunscreen
 Lip-balm
 Backpack (with frame. Internal or external. Should be = to or > 50 Liters)
 Sleeping Bag
 Thermarest or other thin sleeping pad
 Mess kit (Plate, Mug, Fork, Spoon)
 Sundry Toiletries (all soaps must be biodegradable)
 Parachute Chord (approx 75')
 2 Garbage bags (1 should be big enough to cover your entire backpack)
 Moleskin

Clothing:

Weatherproof Jacket and Pants
 Insulating Layer (Jacket/Sweater/Vest/Fleece)
 Quick drying pant/Shorts
 Long & Short sleeved Shirts
 Warm Pants
 Socks and Underwear
 Long Underwear
 Touque
 Gloves
 Wide brimmed hat

Recommended non-essentials:

Gators
 Hiking poles
 Bear bell
 Personal first aid kit
 Moist Towelettes
 Watch
 Notepad and pencil
 Camera
 Water purification tablets
 Lighter (instead of waterproof matches)
 Ziploc bags (for additional water proofing)
 Trail mix
 Binoculars
 Sitting pad/chair

Small shovel or garden trowel
 GPS
 Satellite phone
 Day pack
 170g Frisbee
 Swimsuit
 Bandana

To leave @ home:

Pillow
 Electronic Video Games/mp3 player
 Rubber Boots
 Cell Phone
 Jeans
 Laptop
 Guitar
 Cash (donate that to the camp)

CBBC Responsible for organizing:

Supply of Menu
 Cooking stoves and fuel (1 Stove to each cooking group)
 Tenting needs
 First aid kits (1/cooking group)
 Water filter (1/cooking group)
 A Satellite phone

Cooking groups will be group of ~4. The total weight of everything you are carrying should not exceed 20%-30% of your total body weight. The night before we depart, you will be given an opportunity to review your supplies and leave behind items that are redundant within your cooking group.

There are many useful sites on the internet that talk about how best to prepare for backpacking in the Mountains. Take the initiative to look into it a little bit and get some tips from the pros.

Feel free to send me or Jon a note if you have any doubts, questions or concerns.
 My email is skitz_homes@shaw.ca
 Jon's is jon@covenantbay.ca

Looking forward to seeing you there.

Skylar White