

Personal Equipments – List A

Item	Purpose	What Type	How Much to Bring
Toothbrush & Toothpaste	-Personal hygiene	-Normal toothbrushes are fine -No electrical toothbrushes -Small tube of toothpaste	-1 toothbrush -1 toothpaste
Shaving Kit (Optional)	-Personal hygiene		
Face Towel	-To wipe off sweat -Personal hygiene	-Size: approx. 20cm X 20cm	-1 face towel
Toilet Paper	-Personal hygiene		-Enough for 2 days 1 night -Not the whole roll
Longer Towel	-Personal hygiene	-Size: approx. 60cm X 30cm	-1 longer towel
Spare Socks	-To change if they get wet	-Wool hiking socks (outer layer) -Normal socks (inner layer)	-1 pair of hiking socks -1 pair of normal socks
Spare Underwear	-Personal hygiene	-Normal types	-1 pair of underwear
Spare Shirts	-To have a change of clothes -To change if you get wet	-Preferably collared & long sleeved -Preferably NOT cotton	-1 – 2 spare shirts
Winter Clothes	-To be warm at night	-Minus 10 degrees Celsius or lower -Ex. light fleece, sweatshirt, fleece vest -Gloves -Turtleneck or scarf -Toque	
Hiking Boots	-To protect your feet	-Backpacking kind -Not hiking kind -High cut to protect your ankle (good support) -Waterproof -Not too loose (ask sales person to fit)	-1 pair of hiking boots
Sun Hat	-To keep the sun out of your eyes -To keep you from getting sun burnt	-Covers neck and the face -Covers 360 degrees -Light fabric -No baseball caps	-1 sunhat
Small Flashlight	-To see things in the dark	-No huge flashlights	-1 small flashlight
Poncho/Raingear	-To stay dry when it rains	-Plastic type	-1 poncho/raingear
Water Bottle	-To put water in -Stay hydrated	-Wide mouth -Unbreakable	-1 water bottle with water
Backpack	-To carry all your equipments	-2 – 3 day carry capacity -More than 55L	-1 backpack
Pen & Paper	-To document your journey	-Small notepad (spiral bound) -Click pen (so cap won't be lost)	-1 notepad -1 pen
Sunglasses	-To keep the sun out of your eyes	-Has protection against UV rays	-1 pair of sunglasses
Sleeping Bag	-To stay warm at night	-Approx. 0 degrees Celsius	-1 sleeping bag

Personal Equipments – List B

Item	Purpose	What Type	How Much to Bring
Paper Towels	-Cleaning purposes	-Bounty type paper towels -No toilet paper	-Approx. 10 pieces
Whistle	-Emergencies -Not for fun	-Flat survival kind -No ball kind	-1 whistle
Lighter	-To light the stove	-Regular lighters with safety lock -No matches -No Zippos	-1 lighter
Eating Utensils	-To eat with	-Metal utensils -Spoon & fork -Chopsticks for cooking if wanted -No plastic utensils	-1 fork -1 spoon -1 chopstick (not necessary)
Food Container with Cover	-To eat with -To hold hot liquids	-Volume: approx. 20cm X 10cm X 8cm	-1 food container
Thin Rope	-To make bear cache -Hang clothes to dry -Emergencies	-Climbing rope -1cm diameter -No nylon	-15 – 20 feet
Plastic Bags	-Storing food on bear cache -Storing garbage	-Grocery type -No holes -With handles	-2 plastic bags
Square Plastic Bags (Ziplocs)	-Storing things that need to be dry -Storing wet things -Storing clothing -Storing garbage -Storing food	-Ziplocs of different sizes	-1 – 2 extra of different sizes
Garbage Bags	-To put food on top of during cooking -To put equipment on top to keep clean	-Large garbage bags	-2 – 3 garbage bags
Emergency food	-Something you can eat in case of emergencies	-Lasts for a long time -Waterproof	-Enough to last for one day -1 canned item
Knife with Can Opener	-To cut your food -To open cans -Emergency purposes	-Swiss army knife -Should be light	-1 Swiss army knife
Newspaper	-To wrap sharp objects such as cans -To start a fire	-Use real newspaper -Must be kept dry -No flyers	-1 page of newspaper
Bandages	-To use if someone gets hurt (small cuts)	-Normal types -Different sizes	-Approx. 5 bandages
Prescription Medication	-As needed		
Personal Money	-Emergency purposes	-\$10	-2 \$5 bills
Hand Sanitizer	-To clean your hands when there is not water	-Any type of hand sanitizer	-1 small bottle of hand sanitizer
Sunscreen	-To protect you against the sun	-Above SPF 30	-1 bottle of sunscreen
Insect Repellent	-To protect you against any unwanted insects	-Squirt bottles -Not compressed bottles	-1 bottle of insect repellent