

BACKPACKING CROSS-OFF LIST

*if you need help getting some items, or not sure what they are, please ask Mr. Beacom

**Items in the boxes are required to attend the trip.

the essentials

- backpack
- daypack (or use top of backpack)
- **whistle (Fox 40)**
- water bottle
- waterproof matches/lighter & firestarter
- compass
- headlamp and/or flashlight/spare batteries
- mirror
- sleeping bag
- sleeping pad
- shelter- tent/tarp/bivy sack (supplied)
- stove and fuel (supplied)
- repair kit (can include duct tape around bottle)
- ziplock/trash bags
- extra laces

clothing (no cotton)

- weatherproof jacket & pants (GoreTex or DWR)
- insulating layer:
 - jacket/sweater (polar fleece or wool)
 - 1 pair warm pants (fleece or wool)
- base layer:
 - 1 pair long underwear **top and bottom**
- 1-2 short sleeved shirt
- 1 pair quick drying pants
- 1 long sleeve shirt (can be long underwear top-wool or synthetic)
- 2 pairs socks (wool or synthetic or blend)
- 2 pairs underwear
- toque & gloves/mitts

footwear

- **hiking style shoes or boots**
- hiking socks (no cotton)

food/cooking

- **food** (adequate supply for trip~2lbs/pers/day)
- cookset/cooking utensils (1 set per group)
- eating utensils/dishes
- pot grabber
- drinking cup/mug

bringing the outdoors to you!

- toothbrush & paste
- small bath towel
- medications & supplements
- toilet paper

optional footwear

- wicking liner socks
- gaiters (optional)
- trekking poles (helps reduce knee/back strain)

miscellaneous

- duct tape (wrap around water bottle or poles)
- bandana
- watch
- camera (*take only pictures; leave only footprints*)
- pyjamas (optional)

additional links and friendly advice

•some items may be optional depending on your route, the weather and the length of your trip.

•**carry no more than 20-30% of your body weight including pack**

Outdoor Skills, Gear, Clothing Information

- <http://millarville.fsd38.ab.ca/whats-happening/outdoor-pursuits/>
- <http://www.backpacker.com/>
- <https://www.outsideonline.com/>

MEAL PLANNING

- www.freezebagcooking.com
- <http://www.backpackingchef.com/>
- <http://www.backpacker.com/skills/menu-maker>
- <http://www.easybackpackingtips.com/backpackingmenu.html>
- <http://www.wildbackpacker.com/>

Gear Retailers

- www.mec.ca
- www.canadiantire.ca
- <http://ca.wholesalesports.com/storefront/>
- <http://www.campers-village.com/store/>
- <http://www.basspro.com/homepage.html>
- <http://www.cabelas.ca/>
- <http://norsemanoutdoorspecialist.com/>