

# CAMPING CROSS-OFF LIST

**\*IF YOU NEED HELP GETTING SOME ITEMS, PLEASE ASK MR. BEACOM AT LEAST 1 WEEK IN ADVANCE OF TRIP**

\* Try to make your gear do double duty to reduce bulk and weight

## the essentials

pack these necessities no matter what length of trip.

- food
- shelter (tents supplied; managed by students)
- extra clothing layers (see below)
- waterproof matches & fire starter
- headlamp/flashlight/spare batteries



- multi-tool/knife (optional)
- compass
- repair kit/duct tape around water bottle
- **whistle**- Fox 40
- sunglasses/sunscreen/lipbalm
- a reliable friend

## basic equipment

- backpack or duffle bag – use pack cover or line bag with a garbage bag (we have a few to loan)



- daypack (or use top of backpack)
- tarp (supplied)
- sleeping bag- (we can lend you one)
- sleeping pad- Thermarest or closed cell foam (we can lend you one)
- stove/fuel (supplied)
- toiletries/personal items (see below)
- water purification(iodine pills; chemical treatment; pump filter; UV filter) Mr. Beacom will have 2 UV filters and one pump

## additional camping

## equipment

- watch
- phone/camera – waterproof case
- mirror –signaling

## food/cooking

- food (adequate supply for trip~2lbs/pers/day)
- cookset/dishes (1 set per group)
- cooking/eating utensils
- pot grabber (something to grab hot pot)
- drinking cup/mug
- ziplock/trash bags
- water bottle



## toiletries

- toothbrush & paste
- other personal toiletry items (no deodorant-go naturelle)
- small bath towel
- medications & supplements (
- toilet paper/tissues

## clothing (no cotton please)

- **weatherproof jacket** - Windproof, Gore-Tex or other waterproof breathable jacket, or coated nylon



- **weatherproof pants** - Windproof, Gore-Tex or other waterproof breathable jacket, or coated nylon



- **insulating layers/jacket/sweater** - Down or synthetic for cool or winter days



- **hiking pants** - Synthetic multipurpose pants (Shorts/convertible pants for hot days)



- 1 long sleeve shirt base layer top - Synthetic, wool

or silk  
(not cotton) (polar fleece or wool)



- 1-2 short sleeved shirt - Synthetic, wool or silk (not cotton)
- 1 pair warm pants (fleece or wool)
- 2 pairs wool, synthetic or blend
- 1 pair base layer bottoms - Synthetic, wool or silk - optional for cool or winter days
- toque (Wool or Synthetic )
- gloves/mitts (Wool, synthetic or leather)
- 1 brimmed hat - Preferably wool or synthetic but cotton will do if other unavailable
- bedtime clothing (optional) – no onesies; avoid cotton
- bandana

## footwear

- **hiking shoes or boots** - Ankle support, inner shank, Vibram sole



- wicking liner socks
- extra laces
- gaiters (optional) – for wet weather, snow or bush



- trekking poles/ski poles - for balance and conserve energy. helps reduce knee/back strain



## miscellaneous

- bear spray (teachers)
- camping permits (teachers)

## additional items 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

### MEAL PLANNING

- [www.freezebagcooking.com](http://www.freezebagcooking.com)
- <http://www.easybackpackingtips.com/backpackingmenu.html>
- [www.mec.ca](http://www.mec.ca)
- [www.canadiantire.ca](http://www.canadiantire.ca)
- <http://ca.wholesalesports.com/storefront/>
- <http://www.campers-village.com/store/>
- <http://www.basspro.com/homepage.html>
- <http://www.wildbackpacker.com/>
- ( ) **Personal First Aid Kit** - Bandages, Blister Care, Mole Skin, athletic tape
- **Group Equipment** (Mr. Beacom will have these)
  - ( ) **Altimeter**
  - ( ) **Map and Compass**
  - ( ) **Route Book/Description**
  - ( ) **Natural History References etc.** - optional
  - ( ) **First Aid Kit**
  - ( ) **Emergency Sac** - Nylon tarp or envelope sack to cover group or injured member
  - ( ) **Group Repair Kit** - May substitute for personal repair kits or supplement them
  - ( ) **Two-way Radio or Cell Phone** - Check for coverage and frequencies in your area
  - ( ) **GPS** - May be optional depending on trip
  - ( ) **Small Stove and Pot** - May be optional depending on trip
  - ( ) **Water Filter** - optional on short trips where you can carry required water