



Trek Packing List

Hiking Clothing

- Waterproof Hiking Boots** (well worn in)
- Hiking socks plus spares**
- Underwear plus spare**
- Hiking pants (zip off ideal)**
- Moisture wicking t-shirt and spare**
- Fleece / warm mid layer**
- Waterproof Jacket**
- Waterproof Pants
- Sun hat and sunglasses**
- Touque / warm hat**
- Gloves**

Camping Equipment

- Sleeping bag** (0c for summer, -10c for winter)
- Thermarest / sleeping pad**
- Inflatable pillow (or use a fleece)
- Camp shoes / flip-flops
- Book, cards, games for camp
- Toothbrush and toothpaste**

Hiking Equipment

- Trekking backpack** (50L +)
- Headlamp and spare batteries**
- Whistle / signal device
- Water bottles** (2L)

Misc

- Sunscreen**
- Identification
- Cash for coffee / snacks / tipping
- Any additional snacks you would prefer

Optional

- Trekking poles
- Gaiters
- Personal medication and blister kit
- Ear plugs
- Spare socks, t-shirt, underwear for camp
- Base layer pants and top to sleep in

*** These items are mandatory and you may not be able to participate in the hike without this equipment.*

Rentals

Outdoor Explore are able to provide rentals for the following items. Please contact us to arrange rentals and to get a quote. info@outdoor-explore.com

- Trekking backpack
- Trekking poles