**Clothing**

* Hiking boots/runners
* Warm weather wear (2 T-shirts, shorts/zip-off pants)
* Cool weather wear (2-3 long sleeved shirts, long pants, 2 sweaters/fleece)
* Sleepwear (no cotton!)
* 4 pairs underwear & bra(s)
* 6 pairs of socks
* Rain gear (jacket and pants)
* Sun hat with brim
* Bandana or buff
* Sunglasses
* Toque & Gloves/mitts
* Long underwear

**Toiletries**

* Pack towel/face cloth
* Biodegradable soap
* Toiletries: toothbrush, toothpaste, deodorant, brush/comb
* Hair ties (this is a must when cooking and around the fire)
* Feminine products
* Personal medications
* Prescription glasses/contacts
* Insect repellent
* Sunscreen and lip balm with SPF

**Equipment**

* Backpack lined with garbage bags or waterproof pack liner
* Waterproof pack cover
* Small daypack (for our day hike)
* Sleeping bag in waterproof stuff sack
* Sleeping pad – thin Thermarest
* Backpacking pillow or pillow case/stuff sack
* Large strong garbage bags
* tarp

**Other**

* Water bottle(s) (total capacity of 1L)
* Headlamp/flashlight and extra batteries
* Whistle
* Personal First Aid Kit – including blister care (moleskin), matches/lighter

**Optional/nice to haves:**

* Journal/note pad and pen
* Camera with extra batteries and memory card
* Waterproof cellphone case
* Compass
* Small games/cards or book
* Sit upon (small one)
* Knife or multi-tool
* Small roll of duct tape
* Carabineer clip(s)
* Strap for glasses/sunglasses
* Spending money for in town

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| **The 10 Essentials** |
| The **ten essentials** is a list of essential items that **every individual should take with them when they embark on any adventurous expedition**. The purpose of carrying the ten essentials improves the chances that someone is prepared for an unexpected emergency in the outdoors or can safely spend an unexpected night or more alone in the wilderness if forced to.  You should get in the habit of always carrying these items, and most of them are included in this kit list.  1. **Navigation** (*map and compass*)  2. **Signaling device** (*whistle and mirror or small air horn*)  3. **Sun protection** (*sunglasses, sunscreen and lip balm*)  4. **Illumination** (*headlamp or flashlight with extra batteries & bulb)*  5. **Fire making kit** *(matches in waterproof container including strike paper from box, fire starter/fuel stick, lighter, candle)*  6. **Knife** (*or multi-tool*)  7. **Nutrition and Hydration** *(extra food gels/power bars or similar, extra water and a way of treating water)*  8. **Insulation** (*extra clothing including toque and gloves*)  9. **Personal first aid kit** (*including a blister kit*)  10. **Emergency shelter** (*orange garbage bag or emergency blanket or similar*) |

**Reminder: AVOID WEARING COTTON**.   
You should never wear jeans or other cotton clothes while adventure camping. Cotton quickly gets soaked and takes too long to dry; it absorbs and retains water. Cotton loses 100% of its insulation when wet either from rain or sweat. Wet clothes wick heat away from the skin. Cotton will not keep you warm if it gets wet and can be a major contributing factor in hypothermia.

**Tips for staying warm:**

* + Dress in layers - when you get hot, take something off; when you get cold, put something on
  + Stay as dry as possible - remove wet clothing and change into dry clothing as soon as possible
  + Change clothes completely for sleeping
  + Bring practical clothing

**If you’re cold, you can:**

* + visit the outhouse (yes, you use up valuable body heat to warm a full bladder even at night)
  + put on a toque and gloves
  + change your socks
  + eat something
  + have a warm drink
  + walk around
  + get in your sleeping bag