

British Columbia Pack List

Wear on plane:

- gray pants
- Trip T-shirt

Travel Documents

- passport
- personal id - drivers license, student body id (good for student discounts?)
- xerox copy of passport to be stored in another location

Sleeping

- Non-down, lightweight, 40 degree or better sleeping bag
- compressor bag or stuff sack - water resistant
- sleeping pad (no air mattress)
- small pillow (optional)
- Tyvek (shared, supplied)

Eating

- Mess kit (unbreakable: lipped plate or bowl, cup, fork&spoon or spork,)
- light stove (shared, supplied)
- light weight pot (shared)
- packable breakfast, lunch and dinner for 5 days

Uniform

- neckerchief w/neckerchief slide
- green uniform shirt

Clothing and Shoes

- 3 t-shirts - poly or poly blend (including trip shirt)
- poly or poly blend long sleeve shirt (light one to protect against sunburn)
- 1 or 2 fleeces or light wool sweaters
- windbreaker - waterproof, might also want waterproof pants, if you have them
- pants (2 pairs) - easy wash, quick drying (not cotton), zip-off pants would be great
- shorts (2 pairs) - “ “ “
- underwear
- socks - 3 pr
- swimsuit (or use shorts or zip off pants)
- hiking shoes in good condition
- street shoes
- boat shoes or water sandals that will stay on your feet (tie on maybe required)
- hat (preferably broad brimmed)
- paddling gloves

Utilities

- 50 ft of paraline
- trowel (shared?)
- water purification system (shared, supplied)
- flashlight with extra batteries & bulb
- watch - water resistant
- sunglasses with retention strap
- sunblock, sun protection for lips (see hip pack)
- insect repellent

water bottle(s) - unbreakable (minimum 2 liter total capacity)
2 trash bags (one for wet clothes, one for items not taken canoeing)
small package of tissues
6 days worth of toilet paper in ziploc bag

Toiletries

toothpaste
toothbrush
dental floss (if used)
comb and/or brush
shampoo
soap
deodorant
razor (if needed)
personal medications (including headache tablets, tums, etc.)
TOWEL(s)
Ladies: Bring pads and/or tampons if there is ANY chance you will need them

Hip pack (emergency kit

Band-Aids, antiseptic cream, ace bandage,
moleskin, water purification tablets, sun screen, chap stick - preferably with sun
protection, safety pins, lighter, extra shoe laces, compass, high intensity whistle,
pocket knife, paper, pen or pencil, space blanket, signal mirror

Money

bills or traveler's checks, to be converted to Canadian dollars and used for personal
purchases like some meals, snacks, souvenirs, fun stuff.

Optional

small quantity of laundry soap (shared?)
books, cards, travel games
camera w/strap, film (put film in carry on luggage)
2 meter radio if licensed (bring copy of license)

Everything is packed into a water resistant backpack you can carry. You should have a
water resistant lightweight day pack/hip pack for hikes. For the airplane flight you may use
the day pack as a carry-on bag.

Label Everything