

## CLOTHING AND EQUIPMENT

Being prepared for an extended Backcountry trip is essential. The weather on Vancouver Island can be unpredictable; it can get cold or rain at anytime of the year. **Please bring everything that is on the list.** Once you have started your journey there will be no opportunities to purchase items that you may have forgotten, so it is important that you go over the following list and make sure you have everything. Remember as well that your pack will have to fit more items once you your program begins. You will need to allow extra room for camping gear and food.

For active outdoor pursuits, the best way to regulate body temperature and to maintain warmth is to wear layers of clothing that can be adjusted depending on the weather, temperature and activity level. Layers should include long underwear, warm mid-layers and waterproof outerwear. Wool, nylon, polyester and synthetic fleece are recommended as clothing materials because they provide insulation even when wet and dry quickly. **Cotton is NOT appropriate for outdoor programs in cool or wet conditions as it absorbs moisture, provides no insulation, and dries slowly.** Cotton T-shirts are appropriate during periods of hot weather only.

All of the items in our list can be found in camping stores and by mail order. We recommend that you attempt to borrow or purchase second hand gear. Thrift shops can be a great source for many of the items on our list. If you have any questions regarding the type or kinds of gear to buy, please feel free to call us. If needed, we can also recommend a local outfitter who can supply you with any items you are missing. WYLD Expeditions provides all of the group gear, cooking, safety and technical equipment.

## REQUIRED CLOTHING

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The importance of proper raingear cannot be overstated. Raingear must be waterproof (coated PVC or Gore-tex) – if you can't stay dry in the shower while wearing your raingear, you won't stay dry in the outdoors.

- 2 Long sleeve medium weight synthetic shirts
- 1 Medium weight wool or fleece sweater or jacket
- 2 Pair synthetic pants
- 1 Pair fleece pants
- 1 Pair long underwear top and bottom (No Cotton)
- 2 Synthetic T-shirts
- 2 Cotton T-shirts
- 2 Pair synthetic shorts
- 1 Bathing suit
- 4 Pair thick wool or fleece socks
- 1 Warm ski hat (fleece or wool)
- 1 Baseball cap or visor
- 2 Bandanas
- 6 Pair underwear
- 1 Pair water shoes (neoprene booties, old running shoes or rain boots)
- 1 Pair hiking boots (waterproofed)
- 1 Pair sandals
- 1 Set waterproof raingear, jacket and pants (Gore-tex or equivalent)

Hiking boots must have good traction and solid ankle support. They should also be broken in and waterproofed. Running shoes are not acceptable for the hiking portion of the expedition.

## REQUIRED GEAR AND PERSONAL ITEMS

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- 1 3-season synthetic sleeping bag
- 1 Sleeping pad (Ensolite, Thermarest)
- 1 70+L backpack with hip belt
- 1 Water bottle (1L; Nalgene etc.)
- 1 Headlamp or flashlight (with spare batteries)
- 1 Pair sunglasses w/attachment straps
- Sunblock, minimum of 15 SPF
- Toiletries kit: toothbrush, small toothpaste, dental floss, small hairbrush or comb
- 4 Garbage bags and 4 Zip-loc bags for waterproofing gear
- 1 Set eating utensils (cup, bowl, spoon)
- If you wear glasses, bring a second pair in case the first pair is lost or broken.
- If you wear contacts, bring cleaning solution and a pair of glasses as a back-up.
- Medications, if required. If you are bringing medication: A) Check the expiry date. B) Bring a complete second set (that your leader can carry). C) Ensure all medication is packaged in a waterproof bag (Zip-loc) and labelled with your name, drug name, dosage and expiry date.

## OPTIONAL FOR EXPEDITION

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- Camera (in small waterproof case or Zip-loc bag)
- Insect repellent (citronella or other natural repellent preferred)
- Bug net for your head
- Journal and pencil (remember you have to carry these items, so keep them small)
- Small quick-dry microfiber towel
- Waterproof pack cover
- Book

## OPTIONAL FOR TRAVEL

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Some of these items may be useful or desirable on your journey to meeting us and/or on your journey home. If you wish to bring any of these items for that purpose you will be able to store them in a locked area while you are on your trip. You will not need or bring any of these items on your wilderness trip.

- Shampoo, deodorants and makeup
- Bath towel (we will provide a towel for showering)
- Extra set of clean clothes for travel home
- Portable stereo systems; electronic games, etc.

## DO NOT BRING

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- Pocket knives
- Extra food or personal snacks; all snacks will be provided
- First aid kits; your instructors carry complete backcountry kits
- Items not on the above lists