



Backcountry Beginnings Gear List

Being prepared for an extended backcountry trip is essential. The weather on Vancouver Island can be unpredictable; it can get cold and rainy at any time of the year. Consider this a list of “**must haves**”, regardless of the season. It should not be necessary to purchase new items to enjoy your SPL experience. We recommend borrowing, renting, or purchasing second hand items that you do not already own. If you have any questions about the list or need tips on local places to source gear, please feel free to give us a call. **Please bring all the required items from the list.** When you pack, allow extra room for your share of group gear and food. WYLD Expeditions provides all of the group gear, cooking, safety and technical equipment.

CLOTHING

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 base-layers, 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 clothing is not acceptable for warm layers. Cotton loses any insulating value when wet, is slow to dry and should not be worn in damp conditions

The importance of proper raingear cannot be overstated. **Rain gear must be waterproof (coated PVC or Gore-Tex)**- if you can't stay dry in the shower while wearing your raingear, it is not acceptable. This is NOT a joke.

Wilderness trips require:

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| <input type="checkbox"/> Waterproof rain jacket and pants | <input type="checkbox"/> 2 pair of synthetic hiking pants |
| <input type="checkbox"/> 1 warm synthetic-filled (puffy) jacket | <input type="checkbox"/> 2 pair of shorts |
| <input type="checkbox"/> 1 medium weight fleece or wool sweater | <input type="checkbox"/> 4 pairs of wool socks |
| <input type="checkbox"/> 2 long-sleeved, synthetic/merino shirts | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> 2 short-sleeved, synthetic/merino T-shirts | <input type="checkbox"/> Fleece/wool toque (warm hat) + Gloves |
| <input type="checkbox"/> 1 cotton T-shirt | <input type="checkbox"/> Sun hat or baseball hat |
| <input type="checkbox"/> 1 pair of synthetic/merino long underwear bottoms | <input type="checkbox"/> Bathing suit |
| | <input type="checkbox"/> Clean clothes for travelling home |

FOOTWEAR

- Water shoes for the canoe portion of the expedition. Crocs, Teva's, Keen's or old running shoes work well.
- Hiking boots - good traction, solid ankle support, broken in, and waterproofed. Running shoes are not acceptable for the hiking portion of the expedition.
- 1 pair of lightweight running shoes or sandals for around camp. Crocs or sandals with a heel strap can double as water shoes
- 2 plastic grocery bags for waterproofing footwear.

EQUIPMENT

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| <input type="checkbox"/> Sleeping bag and stuff sack (3-season; synthetic fill is preferable) | <input type="checkbox"/> Plastic cup, bowl, spoon |
| <input type="checkbox"/> Sleeping pad (closed-cell foam or Therm-A-Rest type) | <input type="checkbox"/> 4 garbage bags and 4 large Zip-loc bags for waterproofing gear |
| <input type="checkbox"/> 60+L backpack | <input type="checkbox"/> Toiletries (toothbrush, toothpaste, soap, hairbrush) |
| <input type="checkbox"/> Day pack | <input type="checkbox"/> Quick-dry microfibre towel |
| <input type="checkbox"/> 1-litre water bottle | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Headlamp with spare batteries | <input type="checkbox"/> Sunscreen, minimum SPF 30 |

OPTIONAL ITEMS

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|---|---|
| <input type="checkbox"/> Phone/Camera (in a Ziplock bag with Silca gel pack to keep it dry) | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Hiking Poles | <input type="checkbox"/> Small journal and pencil |
| <input type="checkbox"/> Mosquito head net | <input type="checkbox"/> Book |

IMPORTANT NOTES

- ★ If you wear **contact lenses**, bring a pair of glasses as a back-up.
- ★ If you wear **glasses** (safety strap recommended) bring a second pair in case the first pair is broken or lost.
- ★ If you require **prescription medication**: A) Check the expiry date. B) Bring a complete second set (that your instructor/guide can carry) in case the first set is damaged or lost. C) Ensure all medication is packaged in a waterproof bag (Ziplock) and labelled with your name, drug name, dose and expiry date.
- ★ A small fixed or locking bladed knife is permitted but must be approved prior to camp. Please contact us for permission and rules around appropriate supervised use.
- ★ Cell phones may only be used for taking pictures. Listening to music or watching downloaded media is not permitted. There is no cell service available.

DO NOT BRING: Extra snacks (unless you have special food needs), large air mattress, and any other items that aren't on the list.

Please give us a call if you have any questions about the above or would like to speak to us further about anything unique to you.