



Rock Camp 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.

We ask that you bring all the required items from the list, however we understand that there can be barriers to acquiring gear. If you have any questions about the list, need tips on local places to source gear, or need support with gear please feel free to give us a call.

Our outdoor instructors will teach you how to pack and waterproof your gear on the first day of camp. We ask that you practice before you arrive to ensure that your bag has 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"/> 1 pair of synthetic hiking pants |
| <input type="checkbox"/> 1 warm synthetic-filled (puffy) jacket | <input type="checkbox"/> 1 pair of synthetic shorts |
| <input type="checkbox"/> 1 medium weight fleece or wool sweater | <input type="checkbox"/> 2 pairs of wool socks |
| <input type="checkbox"/> 2 long-sleeved, synthetic/merino shirts | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> 1 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

- 1 pair running shoes or light hikers for around camp and walking to the crags.
- 1 pair rock climbing shoes if you own them. Climbing shoes are provided for those who don't own.

EQUIPMENT

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| <input type="checkbox"/> Sleeping bag and stuff sack (3-season; synthetic fill is preferable) | <input type="checkbox"/> A watch |
| <input type="checkbox"/> Sleeping pad (closed-cell foam or Therm-A-Rest type) | <input type="checkbox"/> Plastic cup, bowl, spoon |
| <input type="checkbox"/> 45 litre backpack or duffel bag or drybag backpack | <input type="checkbox"/> 5 garbage bags and 5 large Zip-loc bags for waterproofing gear |
| <input type="checkbox"/> Day pack | <input type="checkbox"/> Toiletries (the basics: toothbrush & toothpaste, menstrual products). |
| <input type="checkbox"/> 1-litre water bottle | <input type="checkbox"/> Quick-dry microfibre towel |
| <input type="checkbox"/> Headlamp with spare batteries | <input type="checkbox"/> Sunglasses with retaining strap |
| | <input type="checkbox"/> Sunscreen, minimum SPF 45 |

OPTIONAL ITEMS

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| <input type="checkbox"/> Phone/Camera (in a waterproof case or Ziplock bag with Silca gel pack to keep it dry) | <input type="checkbox"/> Book |
| <input type="checkbox"/> Mosquito head net | <input type="checkbox"/> Climbing helmet, harness and chalk bag if you own them. |
| <input type="checkbox"/> Small journal and pencil | |

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 (please contact us about any special food needs), large air mattress, an excess amount of toiletries (deodorant, soap, wet wipes, shampoo, perfumes/colognes) 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.