STRATHCONA PARK LODGE
& OUTDOOR EDUCATION CENTRE

## 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. **MOUNTAINWAREHOUSE proudly supports participants of Strathcona Park Lodge outdoor educational programs. Bring your packing list to any of their locations in BC to receive a discount off your purchase. You can anticipate an email about a month before your WYLD camp with a discount code - if you need this sooner, please reach out.**

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 DWR 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:**

- ❏ Waterproof rain jacket and pants
- ❏ 1 warm synthetic-filled (puffy) jacket
- ❏ 1 medium weight fleece or wool sweater
- ❏ 2 long-sleeved, synthetic/merino shirts
- ❏ 2 short-sleeved, synthetic/merino T-shirts
- ❏ 1 pair of synthetic/merino long underwear bottoms
- ❏ 2 pair of synthetic hiking pants
- ❏ 2 pair of shorts
- ❏ 3 pairs of wool socks
- ❏ Underwear
- ❏ Fleece/wool toque (warm hat) + Gloves
- ❏ Sun hat or baseball hat
- ❏ Bathing suit
- ❏ 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 or trail shoes - 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 garbage bags (large) for waterproofing footwear.

**EQUIPMENT**

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- ❏ Sleeping bag and stuff sack (3-season; synthetic fill is preferable)
- ❏ Sleeping pad (closed-cell foam or Therm-A-Rest type)
- ❏ 60+L hiking pack or duffel bag or drybag backpack (all personal and group gear should fit inside your pack)
- ❏ Day pack
- ❏ 1-litre water bottle x2
- ❏ Headlamp with spare batteries
- ❏ A watch
- ❏ Plastic cup, bowl, spoon
- ❏ 4 garbage bags (large) and 4 large Zip-loc bags for waterproofing gear
- ❏ Toiletries (the basics: toothbrush & toothpaste, menstrual products).
- ❏ Quick-dry microfibre towel
- ❏ Sunglasses
- ❏ Sunscreen, minimum SPF 30

**OPTIONAL ITEMS**

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- ❏ Camera (in a Ziplock bag with Silca gel pack to keep it dry)
- ❏ Hiking Poles
- ❏ Mosquito head net (recommended)
- ❏ Insect repellent
- ❏ Small journal and pencil
- ❏ Book (e-reader recommended to be lightweight if you already have)

**IMPORTANT NOTES**

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- ★ 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.
- ★ Strathcona Park Lodge has a no phone policy - we encourage you to connect with nature, yourself and other participants. If you wish to take pictures, please bring a camera.

**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.