



# Clothing and Equipment

## Checklist for High Trails of the Canadian Rockies

**PACK LIGHTLY!** – You'll find it much easier and more comfortable to travel if you do. Due to the small group nature of our trips, luggage space is always at a premium.

Please note that for the helicopter flight, the maximum weight you are allowed to bring is 25 lbs (12kg). The rest of your belongings will be stored securely during that time.

Your guide will be carrying a full emergency and first-aid kit. You will need to bring your own daypack and personal clothing. Cotton clothing is NOT recommended as an insulating layer as it causes rapid heat loss when wet.

### GEAR

- **HIKING BOOTS/SHOES** These should be 'broken-in' and have good ankle support and tread. Your boots will make or break your holiday so some time spent getting used to them is time well spent.
- **DAYPACK** Around 30L or large enough to carry extra clothing (rain jacket & pants, sweater, gloves, hat), lunch and snack food, water bottle and camera plus accessories. Ideally with a waterproof pack cover in case of bad weather.
- **WATER BOTTLE** (1 Litre or more)
- **RAIN JACKET** with **HOOD** sufficient to withstand a day of rain or snow. Must be completely windproof and waterproof, It must fit comfortably whilst wearing warm clothing
- **HAT & GLOVES** Wool or Fleece
- **SUNHAT**
- **SUNGLASSES**
- **2-3LIGHT TOPS** or undershirts. Light weight synthetic or wool
- **2-3 SHIRTS** Light to medium
- **2-3 T-SHIRTS** for warm, dry sunny days
- **FLEECE JACKET** or sweater
- **SHORT PANTS** can be very comfortable for hiking; they should be quick drying, and not cotton.

- **HIKING PANTS** comfortable and quick drying, not cotton
- **RAIN PANTS** sufficient to withstand a day of rain or snow
- **THERMALS** long sleeved top and long johns
- **SOCKS** several changes. We suggest a wool blend for comfort.
- **UNDERWEAR**
- **PERSONAL FIRST AID KIT** blister protection, medication for stomach upsets, throat lozenges and mild painkillers (aspirin, Tylenol, Advil)
- **SUN BLOCK & LIP BALM**
- **INSECT REPELLENT**
- **SWIMSUIT** for swimming in lakes and rivers.

### HUT OR CAMPGROUND OVERNIGHT GEAR

- **3-SEASON SLEEPING BAG** rated to -5C (we have sleeping bags available to rent)
- **LIGHTWEIGHT WALKING SHOES OR RUNNERS** Handy as a back-up pair of walking shoes and for around camp.
- **TOILETRIES**
- **TOWEL** and **HAND TOWEL** for personal washing
- **COLLAPSIBLE PILLOW**
- **ONE SET OF PANTS/TOP** for relaxing at campground
- **SMALL HEADLAMP** – We can provide this if you do not have your own.

### OPTIONAL GEAR

- **TREKKING POLES**
- **CAMERA** with memory card and charger/batteries
- **NOTE BOOK** and pen
- **SPARE SUNGLASSES**
- **SCARF**