



Clothing and Equipment

Checklist for Mt. Assiniboine Hut or Camping

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. We will securely store your suitcase for you while you are at Mt. Assiniboine. Maximum weight you are allowed to bring is 25 lbs.

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** Large enough to carry extra clothing (rain jacket & pants, sweater, gloves, hat), lunch and snack food, water bottle and camera plus accessories.
- **SUNGLASSES**
- **WATER BOTTLE** (1 Litre)
- **SMALL BLISTER & PERSONAL FIRST AID KIT**
- **SUN BLOCK & LIP BALM**
- **INSECT REPELLENT**

WALKING CLOTHING

- **HAT** Wool or Fleece
- **SUNHAT**
- **2 LIGHT TOPS** or undershirts. Light weight synthetic or wool
- **2 SHIRTS** Light to medium
- **2 T-SHIRTS** for warm, dry sunny days
- **FLEECE JACKET** or sweater
- **RAIN JACKET** with **HOOD** sufficient to withstand a day of rain or snow
- **GLOVES** or light **MITTS**
- **SOCKS** several changes. We suggest a wool blend for comfort.
- **SHORT PANTS** can be very comfortable for hiking; they should be quick drying, and preferably not cotton.
- **HIKING PANTS** comfortable and quick drying, not cotton
- **RAIN PANTS** sufficient to withstand a day of rain or snow
- **RUNNING SHOES OR OTHER LIGHT WEIGHT FOOTWEAR** (backup in case you get blisters).

HUT OR CAMPGROUND OVERNIGHT GEAR

- **3-SEASON SLEEPING BAG** rated to -5C. (we have sleeping bags available to rent)
- **TOILETRIES**
- **TOWEL** and **HAND TOWEL** for personal washing
- **COLLAPSIBLE PILLOW**
- **ONE SET OF PANTS/TOP** for relaxing at campground
- **LIGHT SANDALS** – Recommended but not necessary
- **SMALL HEADLAMP** – We can provide this if you do not have your own.

OPTIONAL GEAR

- **TREKKING POLES**
- **CAMERA**