

SRY Wilderness Adventure Packing List

August 19-28, 2005

Below you'll find a comprehensive list of equipment and clothing that you will need for our wilderness adventure this summer. It is very important that each and every participant has adequate clothing and gear. We will be in the wilderness. What we carry in is all we have to stay warm, safe, and comfortable.

It is very important to us at Solid Rock Youth that everyone who would like to participate in an activity can. A lot of the items below, especially the clothing, you probably already have. We do realize that you probably do not have all of the necessary camping and hiking gear listed below. We do not expect you to go and buy brand new everything for a one-time trip. We have access to backpacks, sleeping pads, sleeping bags, and other pieces listed below. If you do not have an item listed below and are not able to find or purchase it please let your trip leaders know. They will ensure that you will have what you need for the trip.

Backpack:

60-70 Liter (3,661 – 4,275 cubic inches) internal frame pack. This size is the entry level for expedition packs. It will give you enough room to store your sleeping bag, your clothes, your food, and all of the group gear that we'll be bringing along. 60 liters is the MINIMUM size. Any smaller than this and you will not be able to carry the necessary gear to ensure a safe trip.

Looking to buy a pack?

You won't go wrong with either the Brio 60 or Brio 70 from MEC - www.mec.ca

Hiking Boots:

We'll be traveling 70km over very rough terrain. Your boots and feet will take a beating. Your boots must go above your ankle and have a fairly stiff sole. All leather boots are ideal. Your boots **MUST** be worn regularly for 2-3 weeks before the expedition. If you do not break your boots in before the trip you will be plagued with blisters throughout the trip. Breaking them in is a **MUST**.

Some good value boots that will serve you well:

Coleman Labrador Hikers (available at Canadian Tire)

MEC Killarney Day Hiking Boots (from MEC - www.mec.ca)

Sandals (optional):

A pair of sport sandals (have a strap for your heel). *NOT flip-flops*. You can wear these around camp and while wading rivers.

Hiking Socks:

Good wool, or synthetic socks. They should be mid weight. Cotton is *not acceptable*. We will be hiking through bogs and creeks. Your feet will get wet. Wet cotton wreaks havoc on feet and provides no insulation. No need to break the bank on socks. Any socks that are comfortable and not cotton will be fine.

Liner Socks (optional):

This comes down to personal preference. However, if you are planning to wear wool socks then liners are a **MUST**. Liner socks are very thin socks made of either silk or a synthetic material. They wick moisture off the skin and move it to the outer layer, keeping your feet as dry as possible. More importantly they rub against the main sock and the boot taking friction off of your skin. If sized and worn properly they greatly reduce your risk of getting blisters.

Underwear:

Boxer or briefs? It doesn't really matter. Again, synthetics are best but cotton will do. Just wear what you usually wear. How many pairs? That is up to personal preference. Bring at least two pairs so you can wash one and wear the other!

Long Underwear:

Where we're hiking it can get quite cold at night. We've seen it dip down to close to freezing. A pair of long underwear helps keep you warm in your sleeping bag. They also help keep you warm if you need to go pee in the middle of the night.

Toque:

This is required. Everyone MUST have a toque for the trip. It must be a toque that keeps you warm. Whatever you wear in the winter will be fine. Believe it or not we wore our toques more days than we didn't on our trip in this area last year.

Mitts (optional):

For those of you who get cold easily a pair of light mitts might come in handy.

Sleeping Bag:

As mentioned above it can get quite cold at night. Because we will be having very active and busy days its vitally important that at night we can sleep well to replenish our energy. It is a delicate balance between weight and warmth. You're going to want a bag rated to zero degrees Celsius. Mummy shape bags have the best weight to warmth ratio. If you don't have a mummy shaped bag do not worry. You'll do quite fine with a regular shaped bag. *PLEASE do not bring one of those mammoth quilted beasts that an entire family of six can picnic on!* You have to carry your sleeping bag for 70km! It should be as small and compact as possible. Remember, if you think you're going to be cold at night bring long underwear.

Please let me know if you are planning on bringing a down sleeping bag. We will need to take extra care to keep it dry.

If you're looking for a new bag your best bet will be to buy from MEC – www.mec.ca. The MEC brand sleeping bags are an excellent value.

Sleeping Pad:

You'll need to bring a *closed cell* sleeping pad. This will keep your underside warm and off the cold ground while you sleep and will give you a little bit of cushioning from the rocks and gravel we'll be camping on. There is no need to get more than the bargain pad from Canadian Tire. They are just fine.

NOTE: The blue sleeping pads are typically open foam pads and will get wet, compress when you sleep on them, and not keep you warm. I believe Canadian tire closed foam pads are gray.

Water Bottles:

You'll need to bring two *non breakable* (nalgene/lexan) one litre water bottles. *Glass bottles are not allowed.* Cheap plastic ones are guaranteed to break.

T-Shirts:

One or two T-shirts. All synthetic is best but a cotton/polyester blend is fine. You'll be able to get away with 100% cotton. If you bring only 100% cotton be sure to bring two shirts.

Warm Long sleeve shirt:

You'll need one long sleeved shirt that is warm. Your best bet is a polar fleece. Wool sweaters also work. Cotton sweat shirts are not acceptable.

Shorts:

One or two pairs of light nylon shorts. Swimming trunks are perfect.

Pants:

One long pair of pants, *NOT JEANS*. Convertible pants (the ones with zip off legs) work well as you can use them for shorts if need be.

Rain Gear:

100% waterproof jacket (with hood) and pants. *This is an absolute must.* This is our only defense against the weather when we are hiking. Anything that you can stand in the pouring rain and not get wet is what you'll need. We cannot stress this enough. This is an absolute MUST.

Bandanna (optional):

Cotton is OK!

Sun Hat:

Something like a baseball hat. It also helps to wear a baseball hat under your rain hood to keep wind and water out of your eyes.

Sun Glasses:

Make sure you bring a hard case to store them in so you do not break them.

Sunscreen and Lip-balm:

30 SPF recommended.

Insect Repellent:

You do not want to forget this! 30% deet is ideal.
Bring two bottles. *Don't bring aerosol canisters.* Pump bottles work best.

Lighters:

You'll need three standard lighters (i.e. Bic)

Small Pocket Knife:

Just a small swiss army style knife will do everything you need. Remember, you have to carry everything you bring. No need to bring a knife large enough to hunt elephant with.

Headlamp:

You will need a headlamp (a flashlight that straps on your head). Bring an extra set of batteries.

Watch:

Everyone needs to wear a watch with an alarm.

Zip-lock bags:

6-7 large zip lock bags

Camera:

And film if you're not shooting digital. Make sure you bring a waterproof case to protect it.

Tooth Brush:

Regular old tooth brush is fine.

Toothpaste:

Small travel tube will do.

Antiperspirant:

For the sake of your tent-mates.

Cup, Bowl, Spoon:

A cup bowl and spoon than can't break. Metal or lexan/plastic is best.

Whistle & lanyard:

You will wear your whistle at all times. Having a lanyard to wear it around your neck is best.

Snacks and Treats:

You can bring whatever you think you'll need. Some ideas: granola bars, power bars, GORP, fruit bars, chocolate bars. Remember we'll be out in the wild for seven nights. Don't bring so much you can't carry but don't bring so little that you'll be jealous of those who brought enough.

Hiking Poles:

Old ski poles work great. These help you keep your balance and transfer some of the weight from your legs to your arms. Make sure they are at a comfortable height while you are standing. Too long and your arms will get sore. Too short and you'll end up just carrying them in the air.

Small Towel:

A small sport towel is best.

Soap:

A small bottle of biodegradable soap for washing up.

Notebook and Pencils:

A place to write your thoughts, the days events, or maybe do some sketches on one of our days off. No pens please. We'll be using the pencils to mark on maps. Each person **MUST** bring a notebook. While they are nice to have for personal reason they are a must for emergencies, group meetings, and planning.

Cord:

25-50 feet of small cord (i.e. Parachute cord or braided rope 3-5mm). Not the yellow rope please.

Hand Sanitizer:

A medium sized bottle of hand sanitizer. This is the alcohol based stuff you rub on your hands that kill 99.9% of bacteria.

Duct Tape:

A small roll of duct tape.

Toilet Paper:

A small roll of toilet paper.

Band Aids & Moleskin:

A personal supply of band aids and Dr. Scholl's moleskin (for blisters).