

PACKING LIST - HUT TO HUT IN BRITISH COLUMBIA

FOOTWEAR

- 1 pair mid-weight/mid-height hiking boots.
- 2 pair hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

CLOTHING

- 1 pair comfortable, lightweight, synthetic long pants for hiking – zip offs work
- 2 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
- 1 pair comfortable shirt and pants to wear around the hut at night (can be cotton, or your long underwear)
- 1 lightweight, long-sleeved shirt for hiking/sun protection - button up front is the best
- 1 pair midweight long underwear top and bottoms: silk, wool or synthetic equivalent
- 1 medium-weight fleece/down jacket or pullover
- 1 wide-brimmed or baseball style cap for protection from sun/rain
- 1 rain jacket and rain pants– **waterproof**/breathable fabric like Gore-tex
- 1 warm/lightweight wool or fleece hat
- 1 pair lightweight wool, Capilene, or Polartec gloves
- Underwear and nightwear (long underwear can double as your nightwear)

EQUIPMENT/ESSENTIALS

- 1 day pack (see notes on packing list for recommended capacity)
- 1 pack cover to 'waterproof' your backpack
- 1 sleep sack (silk/cotton), sleeping bag liner or sheet (optional pillowcase)
- The capacity to carry 1 liter of water, either 1 water bottle or a hydration system
- Trekking poles (Required)
- Tupperware like container for sandwich/lunch and re-usable eating utensil
- Passport and photocopy of your passport
- Sunglasses (100% UV blocking) with retention strap
- Earplugs (for a good night's sleep)
- Headlamp and extra batteries
- 2 bandannas
- 1 small pack towel
- Head net

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Insect repellent
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide

OPTIONAL

- short gaiters your favorite snacks compact binoculars
- camera water shoes for canoeing day Swimsuit
- 1 pair shorts or ¾ pants (for canoeing day/warmer hiking days - not needed if you have zip offs)

NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. As space for luggage on our trips is limited, please do not overpack!

Daypacks: Your daypack should be large enough to hold the following items: 1 liter of water, rain gear, your clothes for 5 days (do not bring more than is on the packing list), lunch/snacks (for the day), a small share of fresh food, sun screen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 39 – 50 liters (2400 – 3050 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry and/or have an elasticized pack cover that fits snugly over it. **Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items.**

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

Trekking Poles: Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, [click here to read this blog post](#) that addresses the most commonly asked questions.

International Travel Requirements: Please note that a valid passport is needed to travel to Canada. There are no visas or other requirements for Canada. For information on how to obtain a passport or renew your current passport please visit: <https://travel.state.gov/content/passports/en/passports.html> , ask your travel agent, or call the Passport Office at 202-647-0518. Allow at least 6 weeks

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

Sleeping covers and optional pillowcases: Bring a sleep sack, sleeping bag liner, or sheet. Each bunk comes with a pillow and 3 blankets. The pillows provided in the huts do have pillowcases, but these are not routinely laundered. If this could be a problem for you, consider bringing a pillowcase or using one of your t-shirts as a pillow covering.

Optional list: On the 2nd day of the trip you will spend the day canoeing on a nearby lake. Many women find shorts to be preferable for this activity which is why you will find shorts/3/4 pants on the optional list. Swimsuits are also listed and can be an option for this activity as well. Keep this activity in mind when doing your final packing.