



## EQUIPMENT LIST TOURS

### Clothing

- underwear & socks
- warm long underwear (tops and bottoms), preferably polypropylene
- T-shirt
- long-sleeved shirt, wool or synthetic
- warm sweater, e.g. wool or fleece
- warm jacket, e.g. fleece jacket
- long pants, e.g. outdoor pants
- shorts (optional)
- swimsuit (optional)
- waterproof rain jacket & pants
- pyjamas (consider using shirt & shorts or long underwear instead)
- toque (wool hat) & gloves
- sun hat (snug-fitting or with tie-down)
- hiking boots
- lightweight shoes for camp wear, e.g. sport sandals and/or running shoes

### Other

- toiletry items (soap, toothbrush, toothpaste, comb/hairbrush, small towel, waterproof sunscreen lotion and lipstick with high sun protection factor, maybe skin cream)
- personal medications
- toilet paper, maybe "baby wipes"
- insect repellent (consider a bug net for over your head if you're very sensitive)
- sunglasses
- water bottle
- torch (August/September)
- pocket knife
- lighter
- daypack (for Mount Hunt hiking tour: large backpack!)
- sleeping bag (rated to 0°C or a little below, especially in fall)
- sleeping pad (e.g. Therm-a-Rest)

### Optional

- photo camera with spare batteries and memory card, waterproof case
- binoculars
- notebook & pencil, reading materials, games
- small musical instrument
- *for hiking trips: hiking poles*
- *for canoe trips: neoprene booties or neoprene socks with sport sandals*
- *for canoe & camping trips: fishing gear (collapsible rod please)*

### Please note

Keep *baggage weight and volume* low (there is limited payload in floatplanes, limited space in canoes and gear must be carried by yourself). Choose lightweight and compact materials and limit the amount of your luggage.

Take *quick-drying clothing* to be *carried in layers*.

*Mosquito-proof clothing*: long-sleeved, loose-fitting, tightly woven, with narrow arm and leg openings and a tight neckline.

*General equipment* such as camping gear (tent, tarp, saw, axe, etc.), cooking gear (stove, pots, cutlery, food, water purification system, etc.), paddling gear (canoe, paddles, life vests, waterproof luggage bags, etc.), First Aid kit, bear spray and emergency equipment will be provided by us.