

## How do I pack my pack for a Day Trip? Backpacking Trip?

- Be prepared – On a long day trip, be equipped to spend the night out (Emergency/Injuries)
- Know your route – ie scramble, stream crossings, water availability (affect what you bring ie sandals to cross streams)
- Weather changes – Be prepared for rain, sleet, snow, sun, wind, lightning etc. We hike regardless of the weather!
- Pack your pack the night before (gives extra time to remember things) and test your gear before going out to make sure it works or is in good repair
- Normally no outhouses on trails! Toilet paper may come in handy!
- Water bring lots of water, at least 2-3 litres. Untreated, unpurified water from streams can make you sick.
- You are in bear country. All groups will have bear spray, but you may bring your own canister as well.
- If you are not sure what to bring or how to pack, please talk to the Trip Coordinator prior to the hike

### Day Trip

**Clothing-** No cotton or jeans. Gets saturated with perspiration and take too long to dry.

-Pack several layers instead of one heavy coat. Synthetic clothing or wool fabrics are best.

-Pack rain gear. Coat and pants. Toque and mitts/gloves for the cold. Hat and sunglasses for protection from the sun. Also be prepared for mosquitos!

-Hiking boots (cover your ankles and protect your tendons are essential for scrambles). Make sure your boots fit and are comfortable. Cotton socks increase chance of blisters. Wear two layers of socks, with a synthetic layer on the skin to avoid blisters

**Food** – Pack a lunch and snacks. Carb heavy diet is optimal for hiking.

**Trekking Poles** – reduce stress on the knees.

**Sunscreen and insect repellent** may come in handy!

**First Aid Kit** – one person in group should have first aid kit. Moleskin or Spenco jell for blisters!

**Survival supplies** – matches in waterproof container, emergency survival bag, head lamp, several plastic bags (shelter and pack garbage out), small knife

**Lots of questions!** – So you can learn more from your fellow hikers!

Try on your pack the night before to make sure it fits properly. Ask members on the hike if you are unsure how wear your pack.

**Backpacking – Weight is critical when backpacking. Travel Light!** Backpacking is when the groups intends to spend at least one night out on the trip, whereas a day hike one does not intend to spend the night out. You will need a bigger pack for backpacking, generally 60+ litres. Keep in mind the bigger the pack, than normally people tend to pack more, and the extra gear they pack is not always required.

**Tent** – smaller will make it lighter.

**Sleeping Bag** – Down is lighter and packs smaller; but is more difficult to dry if it gets wet.

**Sleeping pad** – Can cut down weight and volume with a half pad instead of full pad.

**Unnecessary stuff** – radios, hatchets, coolers, tackle boxes, etc. If you are unsure, talk to your Trip Coordinator. Instead of bringing whole guidebook, you can photocopy just the hike you are doing.

**Food** - You can save a lot of weight depending on what food you bring. Consider eating from the pot, instead of bring plates. Use Spork, instead of fork, knife, and spoon. Also keep in mind food smells, which can attract bears. Carry a sturdy stuff sack so that you hang your food and other smelly things (toothpaste, etc at night).

**Dryness** – Most packs aren't waterproof. You can organize gear in ultra light waterproof bags or I just use Ziploc bags, plastic bags, or garbage bags. Some packs have a cover to help keep things dry. I like to line my sleeping bag cover with a garbage bag to help keep it dry.

You can learn lots about hiking, backpacking, how to pack on the internet. There are many gear lists. Also learn from guide books. And don't forget the wealth of knowledge amongst experienced club members