



WEB:  
[GetOutsideAdventures.ca](http://GetOutsideAdventures.ca)

CELL:  
Corinna Strauss  
780-722-2589

EMAIL:  
[info@getoutsideadventures.ca](mailto:info@getoutsideadventures.ca)

### Suggested Clothing List

- Long underwear top and bottoms (synthetic or merino wool)
- Lightweight synthetic or merino shirt for hiking if warm
- Durable hiking pants (e.g. Schoeller or quick dry)
- Synthetic jacket/sweater
- Gore-Tex jacket (or equivalent waterproof/breathable outer shell w/ hood)
- Waterproof shell pants (Gore-Tex or equivalent, preferable full side zip)
- Warm wool or synthetic socks x 2
- Warm gloves
- Toque (yes, I am Canadian), warm hat or balaclava
- Hat for sun protection
- Down or synthetic insulated jacket
- Light shoes/sandals for around camp
- Gaiters

### Personal Equipment

- Backpack (45-60L)
- Plastic bag to waterproof clothing and sleeping bag in pack
- Sleeping bag (-5° C to -12°C, depending on your comfort level)
- Sleeping pad/Therm-a-rest (ensure it has no holes and bring a patch kit)
- Well fitting boots (ideally broken in before the trip)
- Mug, Bowl/Plate, cutlery
- Sunglasses --- close fitting with good UV protection
- Sunscreen and lip protection with minimum SPF 30
- Water bottle(s) --- at least 1 liter, wide mouth, plastic with tight lid.
- Small personal first aid kit --- Band-Aids, moleskin, duct tape, medications, etc.
- Toilet kit including toothbrush and ear plugs
- Headlamp --- with spare batteries
- Toilet paper and hand sanitizer (enough to last you through the trip)
- Ziploc baggies
- Lighter

### Optional

- Camera, spare battery and memory card
- Collapsible Hiking Poles
- Pocket knife (Swiss Army style)
- Small personal amount of liquor / treats, if desired
- Reading material/pencil/journal for evening

### Some notes on equipment:

No equipment or replacement parts will be available on the trip, so be sure you arrive properly equipped with all items adjusted, sized and in very good condition. Shortages and inadequate gear may limit your enjoyment of the experience, rule out your participation in some activities, or impose an unnecessary burden on other participants. It is highly advisable that all equipment (particularly new, borrowed or unfamiliar gear) is checked out extensively before the camp on at least one other trip.

### Lightweight Philosophy:

Jenna is a big believer in keeping ones pack lightweight. After years of backpacking, she has discovered tricks and tips to pack a lighter bag. By keeping your pack lighter you get to experience more energy at the end of the day, increased agility, and fewer injuries. She is happy to help you drop weight in your pack!