British Columbia Packing List

A few words about British Columbia:

British Columbia weather can change in an instant. It can be clear and sunny one moment and snowing or raining the next. You may even get to enjoy several days of cold rain. One ill-prepared person can negatively affect the safety and fun of the entire trip, so please come prepared. We are preparing for a worst-case weather scenario with this clothing list!

Please keep in mind:

• We do laundry once during each trip. Bring a laundry bag; we’ll provide detergent and quarters.
• Leave your favorite clothes at home so they won’t get dirty, muddy, torn, or damaged.
• Everything you bring should be packed in your daypack (carry-on) or duffel (checked).
• PLEASE PUT YOUR NAME ON EVERYTHING!

**Carry-on luggage: Daypack/school backpack**

Your daypack is ESSENTIAL, and you will use it almost every day. Your school bookbag is the perfect size. Please pack your daypack accordingly:

• Your ID. and passport. You must have a current passport that is valid for six months past your return date, per U.S. State Department regulations.
• Please bring in your carry-on bag everything you’ll need in camp in case your bags are delayed: fleece jacket, change of clothes, swimsuit, rain jacket, rain pants, empty water bottle, headlamp, toothbrush and hairbrush (we’ll provide the "liquids or gels" if needed), prescription medications, sunglasses, warm hat, and any other personal essentials.
• Cell phone, medications, tablet and other electronics, and wallet in a Ziploc bag with your name on it to give to your instructors at the airport.
• Please wear closed-toed shoes (not sandals or flip-flops).
• Please wear clothes for the outdoors on the plane in case of delayed bags: nylon shorts or pants and a non-cotton shirt.

**Checked luggage: Soft-sided duffel bag**

Your duffel is where you’ll store everything you don’t need for the day. You won’t carry everything on your back at once, but you may need to carry the duffel a short distance at camp.

• Please fit everything else on the packing list into one large or extra-large soft-sided duffel bag. It should fit at least 70 liters.
• Check with your airlines for size and weight limits on checked bags.
• Your duffel should not have wheels. They are a loading hazard.
The following items are REQUIRED:

**Head**
- ___ Wool/fleece hat *(non-cotton)*
- ___ Polarized sunglasses with a secure strap
- ___ Baseball cap or other warm-weather hat
- ___ Head net for mosquitoes *(ABSOLUTELY REQUIRED)*

**Upper body**
- ___ 1 waterproof rain jacket *(not water-resistant)*
- ___ 2 heavy fleece jackets or pullovers *(non-cotton)*
- ___ 2 long-sleeved baselayer tops *(synthetic or wool; non-cotton)*
- ___ 2 short-sleeved baselayer tops *(synthetic or wool; non-cotton)*
- ___ 5–6 comfortable T-shirts *(cotton is acceptable)*
- ___ 1 pair of fleece or wool gloves or mittens *(non-cotton)*
- ___ 4–5 sports bras

**Lower body**
- ___ 1 pair of waterproof rain pants *(not water-resistant)*
- ___ 2 pairs of baselayer bottoms *(synthetic or wool; non-cotton)*
- ___ 2 pairs of nylon pants *(one pair should be “zip-off”)*
- ___ 1 pair of comfortable pants for frontcountry use
- ___ 7 pairs of underwear
- ___ 4 pairs of shorts; at least 2 pairs should be nylon shorts that will dry quickly if they get wet

**Feet**
- ___ 1 pair of hiking boots *(broken in before trip)*
- ___ 5 pairs of synthetic or wool socks *(non-cotton)*
- ___ 5–6 pairs of cotton socks for frontcountry use
- ___ 1 pair of water shoes with a heel strap *(no flip-flops)*
- ___ 1 pair of running or tennis shoes

**Other required items**
- ___ 2 swimsuits
- ___ Lip balm with SPF 15 or higher
- ___ LED headlamp with extra batteries
- ___ 3 quart-sized water bottles OR 2 quart-sized water bottles and a 70-oz. hydration bladder
- ___ Toiletries *(shampoo, toothbrush, toothpaste, etc.)*
- ___ 3–5 nylon stuff sacks or large Ziploc bags to organize your items
- ___ 1 laundry bag
- ___ Quick-drying chamois/pack towel *(check the sizing; buy one large enough to use as a bath towel)*
- ___ Extra pair of glasses or contacts if you wear them
- ___ About $100 in cash for an occasional personal item, airport food, and baggage/airline fees.
- ___ 1 clean outfit for your return trip

The following items are OPTIONAL:

- ___ Pajama pants or sweatpants
- ___ Camera *(you won’t be able to use your cell phone for photos)*
- ___ Sunscreen/lip balm *(SPF 30 or higher)*
- ___ Insect repellent *(small container)*
- ___ 3 mixed CDs *(for van rides only—with appropriate language, please!)*
- ___ Paper, pens, stamps, envelopes, addresses
- ___ Small journal to remember your best summer ever!
- ___ Fun clothing, aka “flair!”
- ___ Crazy Creek–type chair *(no folding chairs with legs)*

We will provide:
- • Mess kit *(cup, bowl, spoon)* and cooking equipment
- • Tent, large backpacking pack, sleeping bag, and sleeping pad

We will collect:
- • Cell phones and electronics. Bring your phone for the flight and for 2 to 3 calls home. We will store it during the rest of the trip.
- • Medications. We will provide over-the-counter medications, so please do not bring these. We will collect prescription medications and distribute per your instructions.

The following items are NOT ALLOWED:

Please do not under any circumstances bring any video games, radios, DVD players, weapons, fireworks, firearms, tobacco products, alcohol, illegal drugs, non-prescription drugs, or food *(which includes gum and mints)*. Please leave all valuables at home. You will not need any jewelry, make-up, or fancy clothing.
Detailed information on equipment:

A huge factor affecting the safety and success of any trip in the wilderness is equipment. If you bring the proper personal gear, we’ll teach you how to use it. An instructor will double-check every student’s clothing and equipment to make sure they have the appropriate gear before the first backpack.

Here are a few key points to help you sort through the overwhelming options at an outdoor store.

- **Price.** Don’t break the bank looking for outdoor gear. Compare prices; sometimes you’ll want to spend a little more at the outdoor store, and some items you can find more economically at Target or Wal-Mart. Higher cost does not always equal higher function.
- **Function over fashion.** Proper fit is more important than how it looks. Try items on to make sure they fit properly. Be especially sure that warm outer layers fit well over your baselayers.
- **Cotton.** A popular backcountry saying is “cotton is rotten.” Cotton cannot provide insulation when wet and can take a very long time to dry, but it’s more comfortable when relaxing in camp. By bringing synthetic clothing in addition to cotton clothing, you will be warm and comfortable no matter the conditions.
- **Waterproof/breathable raingear is required.** Double-check with a salesperson that you are buying a waterproof, not water-resistant, shell. Windbreakers and heavy, insulated ski coats are not acceptable rain jackets.
- **Break in your boots.** This will help prevent blistering and possibly stress fractures. Try to walk at least 20 miles (it doesn’t have to be all at once) in your boots to ensure they are broken in prior to your trip. We’ll say it one more time: BREAK IN YOUR BOOTS, PLEASE!

**FOR YOUR HEAD:**

- **Wool or fleece hat (aka beanie, toboggan, cap):** A warm hat is the first step to keeping you toasty, and you will end up wearing this on chilly nights (which is most nights).
- **Polarized sunglasses with leash/strap:** glare from the water and snow is a big deal when you’re outdoors. A leash/strap is a must-have for any water activities to keep glasses/sunglasses attached to you.
- **Baseball cap or wide-brimmed sun hat:** You’ll need some type of hat on hot days for sun protection.
- **Head net:** Required. We recommend an inexpensive headnet with a brimmed hat underneath. They may look dorky, but they’re essential in buggy areas. This small investment ($5–$15) can make a buggy experience significantly more fun. DO NOT FORGET YOUR HEAD NET!

**FOR YOUR UPPER BODY:**

- **Baselayer tops:** Light- to mid-weight tops (aka “long underwear”) made with synthetic or wool fibers
  - Any inexpensive non-cotton baselayer is fine, or you can purchase the more expensive Under Armour, Patagonia, Smartwool, REI, EMS, Columbia, etc.
  - This layer keeps you warm even when wet. If you have a choice of weights (or thickness), get a variety so you can figure out what suits you.
  - Wash any synthetic long underwear before wearing it because it will retain the first odor absorbed. Wool doesn’t hold odors, unlike synthetic fibers.
- **Fleece jacket or pullover:** A 200-weight fleece (more like a sweatshirt, less like a thin sweater)
  - One should be a higher quality brand like REI, EMS, Columbia, Patagonia, Mountain Hardwear, etc.
The other can be an inexpensive Old Navy–type fleece.
- Fleece rocks as your insulation layer! Make sure you have at least one real "200-weight" jacket (it will say 200-weight on the label). You'll wear this under your raincoat if you're cold! Be sure it will fit over your baselayers.

- **Rain jacket:** Waterproof and breathable. Instead of wearing a heavy coat or insulated ski parka, you'll layer your fleece and rain jacket. Rain jackets must have a hood and must "bead" water on the outside. Make sure your raincoat will fit over multiple layers of fleece and baselayers.
  - Patagonia, Marmot, Sierra Designs, Arc'teryx, Columbia, Mountain Hardwear, etc. Don't skimp, but don't go overboard. Around $80–$100 will get you a great jacket.
  - We require "waterproof-breathable" materials because we will be active while wearing our rain jackets. Good raingear is worth the investment if you plan to spend a lot of time outdoors or skiing. The rain jacket is one of the first things we put on to stay dry, warm, or to ward off bugs.

- **Fleece or wool gloves or mittens:** These will keep your hands warm. Gloves give you more movement for your fingers while mittens provide more warmth. Overmitts are very useful; they are like a rain jacket for your hands. They provide a shell layer to be used with fleece gloves or mittens to keep your hands warm and dry.

- **T-shirts:** Bring both cotton T-shirts and polyester/wool/polypropylene (basically non-cotton) shirts. You'll wear cotton at camp and non-cotton during most activities. See “baselayer tops” for brands.

- **Long-sleeved T-shirt:** This is better than sunscreen on a multi-day rafting trip. Not only does it keep you cool, but it blocks a lot of UV rays. Cotton is acceptable.

- **Clean shirt:** We go out to dinner at the end of the trip. Your clothes will be smelly by this time, so it's nice to unpack a fresh, clean shirt. You might put it in its own Ziploc bag for extra-freshness!

- **Sports bras:** Girls, we recommend bringing 4–5 sports bras (we do laundry during the trip). Make sure that the seams and straps are comfortable under a loaded backpack. Bring a dark-colored, more conservative design, as sports bras are also acceptable while rafting or swimming.

**FOR YOUR LOWER BODY:**

- **Baselayer bottoms:** Non-cotton baselayer bottoms (aka "long underwear"). See “baselayer tops” for more information. Lightweight or silk-weights are ideal.

- **Underwear:** Girls, we recommend a mix of cotton and synthetic underwear. Boys, we recommend boxer-briefs or briefs in both synthetics and cotton. You can wear boxers around camp (under your pants, of course!).
  - Think about quantity. We wash laundry near the middle of the trip.

- **Shorts:** Nylon shorts with or without liners. They can be inexpensive gym shorts or "outdoor" shorts.
  - Non-cotton shorts are best because they dry quickly if we go for an afternoon swim.

- **Swimsuits:** Girls, sports bras and nylon shorts are perfect for a swim. A one- or two-piece suit is acceptable for water activities, but you will also want nylon shorts over your swimsuit while rafting so the rubber on the raft doesn't chafe your legs. Boys, nylon shorts will work great for swimming.

- **Nylon pants:** A mix of nylon pants with "zip-off" legs (aka "convertible pants") or regular pants
  - REI, EMS, Columbia, Ex Officio, etc. Inexpensive gym pants also work well.
- Nylon pants are great for keeping the wind and bugs off your legs (just like your rain pants). The “zip-off” pants or pants with snaps up the sides are popular because they’re easy to change.

- **Rain pants:** Waterproof pants come in a variety of prices. A reinforced seat and ankle area last longer, but can be expensive.
  - You might consider side-zippers to get in and out of pants easier with clothes underneath. Rain pants keep bugs off, make warm and stunning evening wear, and, if it is raining, keep our legs warm and dry.

  **FOR YOUR FEET:**

  - **Hiking boots:** TRY BOOTS ON! BREAK THEM IN! And remember that the most expensive pair is not always the best.
    - Merrell, Vasque, Montrail, Asolo, Salomon, etc. (different brands fit different feet). Ask the salesperson for a mid-weight boot for travel on rugged terrain for 4- to 6-day backpacking trips.
    - We suggest three-quarter to full-height boots to provide ankle support for growing bodies. Your boot should come up just above the ankle. Don’t get heavy-duty running shoes—you’ll have tennis or regular running shoes if you need a lighter option.
    - Get a mix of nylon and leather. All-leather boots are harder to break in and can be hot.

  - **Tennis or running shoes:** We require closed-toed shoes for cooking to provide protection against possible hot spills. We also require closed-toed shoes for playing field games. For safety’s sake, students are never allowed to go barefoot at Adventure Treks.

  - **Water shoes:** Get water sandals with a heel strap. No flip-flops or Crocs.
    - Chaco, Teva, Keen, Salomon, etc.
    - These shoes are essential for rafting and swimming in rocky streams or beaches. Whatever you use, it needs to have a heel strap so it fits securely on your foot in moving water.

  - **Wool or synthetic socks, plus cotton socks:** Bring mid-weight wool or synthetic hiking socks for backpacks, plus several pairs of cotton socks to wear with your closed-toed shoes at campgrounds.
    - Columbia, Thorlo, Smartwool, Wigwam, Fox River, etc.
    - Synthetic or wool socks keep feet warm even when wet, dry faster, and wick moisture away to prevent blisters. Bring an extra pair of thick “sleeping socks” if you are cold-natured. These stay in your sleeping bag and will keep your feet dry, warm, and happy at night.

  **OTHER ITEMS:**

  - **Headlamp:** Bring a headlamp with extra batteries. We prefer LED headlamps over incandescent as they are lighter, smaller, brighter, and use less power. Many big box stores carry great lights for relatively inexpensive prices. Headlamps are essential for summit attempts.
    - Black Diamond, Petzl, Princeton Tec, etc., or cheapies from any camping store

  - **Quart-sized water bottles/hydration bladders:** You’ll carry at least 3 quarts (and drink it!).
    - Nalgene, Sigg, CamelBak, Platypus, Gregory, Kelty, etc.
    - Plastic, wide-mouth bottles are durable and easy to fill. Make sure your bottles do not leak and can withstand jostling (no bike bottles, please).
    - Hydration bladders are great but puncture easily. If you bring a bladder, please bring at least two water bottles, too. You can pack both the bottles and the bladder inside your backpack. If your bladder comes with a small pack, the pack should be large enough to accommodate everything you need dur-
ing the day (i.e., act as your day pack). Otherwise, please leave it at home and just bring the bladder.
- Put your name or distinctive stickers on your water bottle. There are around 90 bottles on each trip!

- **Toiletries**: Pack your toothbrush, toothpaste, floss, and hairbrush/hair ties in Ziploc bags. Many students use travel wipes to help stay clean between showers. Pack another Ziploc bag to store used wipes.
  - You will use shampoo and soap only 3–4 times, so just bring travel-sized bottles. You can bring disposable razors, too. Ladies, pack feminine hygiene products and a few extra Ziploc bags for disposal (we'll have extra bags, too).
  - Bring one travel-sized toothpaste for backpacking, and one regular-sized toothpaste for frontcountry.
  - Toiletries and "smelly" stuff attract animals and bugs. Don't bring too much stuff that will melt or leak, and bring unscented items.

- **Crazy Creek–type chair**: Strongly recommended. These are a great investment and come in handy when back at home, too. Some outfitters will suggest a "sleeve" that goes over a sleeping pad to make a chair; however, the pads that we provide to students will not fit in these.
  - This is a lightweight chair that supports your back and makes sitting on the ground during evening meetings more comfortable. You will not carry this in your backpack, so don't worry about the weight. It's just for frontcountry campsites. Do not bring a folding chair with legs.

- **Nylon stuff sacks (or large Ziploc bags)**: These are handy bags for organizing your belongings. Get a variety of colors and sizes so you can organize your belongings more easily.
  - Sea to Summit, REI, Eagle Creek, Osprey, Outdoor Research, Granite Gear

- **Laundry bag**: A mesh or fabric bag. You can use a plastic bag for small wet items (i.e. swimsuit).

- **Eyeglasses or contacts**: It's easy to change your contacts, and you'll always be able to wash your hands before you touch your eyes. Please bring solution, extra pairs of contacts, and glasses just in case. If you wear glasses, please bring a strap to keep them on during activities. You can bring separate sunglasses or the kind that go over your glasses.

- **Camera**: Bring a point and shoot or disposable camera and waterproof disposable camera for boating.
  - You can bring a point and shoot camera if you can take care of it and bring extra batteries. You will not be able to charge the battery. Consider a Pelican Case, OtterBox, or other waterproof, crush-proof case. We see lots of nice, broken cameras each summer.

- **Camp towel**: Bring a large or extra-large pack towel (a synthetic chamois) and leave your large bathroom towel at home. Some "medium-sized" towels are more like hand towels, so make sure the one you purchase is big enough.
  - PackTowel, REI, etc., or chamois from a swim store (or car store!)
  - Pack a Ziploc bag to keep your damp towel away from your dry clothes.

- **Sunscreen and lip balm**: We provide sunscreen, but you may want to bring your own, too. The sun can take a lot out of you and ruin days on a trip, so we recommend the following prevention tips: BRING sunscreen. USE it often.
  - If you get a lot of sun, zinc oxide can go a long way. This is the white stuff lifeguards wear on their noses. It comes in a variety of colors if you prefer a "war paint" motif.
  - Bring several tubes of lip balm with SPF 15 or higher. Chapped lips can ruin an otherwise great day!

- **Insect repellent**: We provide repellant, but you can bring your own. Bring lotion instead of spray.
  - Here's the bottom line: We don't know anyone who likes mosquitoes, and insect repellent is not 100
percent effective. We’ve found that DEET is the most effective for warding off mosquitoes, but some people don’t like its chemical nature or dislike the strong scent. You can get a bug spray with various levels of DEET to keep you bug-free; solutions stronger than 30 percent don’t necessarily work better. We always encourage students to put DEET on their hats, shirts, and backs of hands. Also, mosquitoes cannot bite through rain jackets, two layers of fleece, rain pants, or boots. This is your best defense.

- **Pillow:** Leave your bed pillows at home and bring a lightweight, compressible, or inflatable travel pillow, like the ones the airlines use. Or just use the sleeping bag stuff sack we provide filled with clothes.

- **Mixed CDs:** Yes, we’re old-school! Please bring 2–3 mixed CDs (with appropriate content) to listen to on van rides. You will not be able to listen to or charge your iPod during the trip.

- **Flair!** Otherwise known as your “summit outfit” or costume for fun occasions. Great items for flair include sequins, boas, crazy sunglasses, and very loud dresses, vests, shirts, or pants. Your instructors will have them, and flair will be part of the fun during summits and other festive times.

**WE WILL PROVIDE:**

- **Tents:** We will provide 4-person tents made by Big Agnes. Sleeping is always single-gender, and we will comfortably fit 2–3 students in each tent. For longer backpacking sections, students may elect to sleep 4 people in one tent to save weight and space in their backpacks. These tents have a large vestibule so your shoes and wet items can stay outside the tent, but will be protected from the rain.

- **Backpack:** You will still need to bring a duffel and a daypack. We will provide a backpack for the backpacking sections of each trip. Your height and weight information ensures the best fit.
  - If you bring your own, it should have a good hip belt and 4000–5000 cubic inches or 70 liters of space. Fly or drive to Adventure Treks with an EMPTY backpack and pack it into your duffel bag (which we will store in the U-Haul when we’re not backpacking).

- **Sleeping bag:** We provide synthetic-insulated, mummy-style sleeping bags rated from 5–20°F degrees (with a stuff sack).
  - If you bring your own, it should be lightweight, synthetic-insulated, and rated to at least 15 degrees. You should also have a stuff sack approximately 14” x 20” or smaller which fits your sleeping bag.

- **Sleeping pad:** We provide a basic foam pad made by Ridgerest, which weighs about 12 ounces. It is softer than the ground and is an important insulator on cold nights.
  - If you bring your own, we recommend a foam Ridgerest. You can bring a self-inflating pad (like a Thermarest), but be aware that these puncture easily if you’re rough on them!

- **Eating utensils and cookware:** We will provide an Adventure Treks mug, a bowl, and a spoon. The bowl and spoon are made of Lexan, a durable, lightweight plastic. We will teach you how to keep your utensils clean, and you will get to take your mug home.

**RECOMMENDED RETAILERS:**

- Diamond Brand Outfitters  800-459-6262  www.diamondbrand.com
- Campmor    888-Campmor   www.campmor.com
- Eastern Mountain Sports   888-463-6367  www.ems.com
- Sierra Trading Post   800-713-4534  www.sierratradingpost.com
- Backcountry.com   800-409-4502  www.backcountry.com
- Dick’s Sporting Goods  887-846-9997  www.dickssportinggoods.com