

### Considerations

Packing for any backcountry trip is always a balancing act. You want your pack to be as light as possible so you can enjoy the hiking instead of just suffering through it. But you also want to have enough gear to be warm and comfortable around the hut or campsite in the evening. When buying, renting, or borrowing gear for the trip, please keep weight, performance, and function in mind.

### Backpacking equipment

- Collapsible, lightweight ski poles
- Large backpack (55-70 liters). You will also have to carry some group gear.
- Rain cover specific to your pack
- Spare parts specific to your equipment
- Sturdy approach shoe or light trekking boot with a fairly stiff sole for walking over rocky terrain
- Lightweight shoes or Crocs for river crossings and for wearing in the hut or around camp

### Clothing

Temperatures in the Canadian Rockies vary hugely even in the summer months. Between June and September, temperatures can range from lows of 0°C overnight to +15°C during the day, or from +15°C overnight to +30°C during the day. Somewhere in between is normal and having several clothing layering options is important. Bring light, technical clothing that doesn't take much space in your backpack and dries quickly when sweaty or wet.

- Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- Lightweight wind and water-resistant over-pants (Gore-Tex or similar)
- Lightweight hiking pants or zip-offs (no cotton pants or jeans)
- Comfortable, synthetic shorts (unless you have zip-off pants)
- Thick fleece or wool pullover, or PrimaLoft jacket
- Medium weight fleece shirt
- Thin, synthetic or wool base layers, top and bottoms
- Synthetic or wool t-shirt
- Quick-drying sports bra
- Lightweight gloves
- 2-3 pairs good quality hiking socks (synthetic or wool)
- Warm hat that covers your ears
- Sun hat, preferably with a wide rim
- Bandana or Buff (optional)
- Light, summer gaiters (unless pants seal tightly to your boots)

### Around the hut or campsite

- Spare underwear and socks (no cotton)
- Light down jacket or vest
- 10°C to +5°C sleeping bag with stuff sack, depending on your comfort level, trip destination, and whether it is hut-based or tent-based.
- Lightweight, technical sleeping pad (for backcountry camping trips)
- Lightweight, packable pillow (optional)

- Earplugs (recommended)
- Toiletries (keep to a bare minimum)

## Other items

- Lunch and snacks (eg. sandwiches, candy bars, dried fruit, nuts, etc.)
- Sunglasses with high UV protection
- Sunscreen and lip protection with high SPF
- Bear spray and holster
- Small container bug spray or cream
- One-liter water bottle. Water bladders not recommended in case of breakage.
- Water purification tablets or small personal water filtration system (optional)
- Headlamp with spare battery
- Lightweight towel
- Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- Pocket knife (optional)
- Health and travel insurance documents
- Light stuff sacs or Ziploc bags to keep your backpack organized and important items dry (optional)
- Two lightweight garbage bags for extra waterproofing
- Camera, spare batteries (optional)
- Compass, maps, GPS (optional)
- Hand sanitizer or sanitary hand wipes (small personal amount)
- Feminine hygiene supplies
- Toilet paper – small amount for daytime emergencies
- Comfortable clothing and shoes to leave in the car for return to civilization

## Group gear – will be supplied by OnTop Mountaineering and split amongst the participants to carry

- Tents
- Tarps
- Stoves, fuel, lighters
- Pots, eating utensils, cups, bowls
- Maps, compass, GPS, altimeter watch
- Phone with power bank, radio, satellite phone or other emergency communication device
- First-aid kit
- Large capacity water storage bags
- Large capacity water filter
- Biodegradable soap
- Dish cloths and/or paper towels
- Breakfasts, dinners, coffee, tea, powdered drink mix
- Dry bags and rope for hanging food at night
- Toilet paper
- Toilet trowel
- Safe transport box for bear sprays
- General repair kit and Leatherman
- Hand sanitizer