



Day Hiking Equipment List

Considerations

Packing for a hiking trip is a balancing act. You want your pack to be as light as possible so you can enjoy the hike instead of just suffering through it. But you also need to have enough gear to be warm (or cool), comfortable, and well-fed and watered. When buying, renting, or borrowing gear for the trip, please keep weight, performance, and function in mind.

Hiking equipment

- Collapsible, lightweight ski poles
- Day hiking backpack (30-40 litres). 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, if one is planned

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
- Good quality hiking socks (synthetic or wool)
- Warm hat that covers your ears
- Light, summer gaiters (unless pants seal tightly to your boots)
- Sun hat, preferably with a wide rim
- Bandana or Buff (optional)

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
- Two, one-litre water bottles. Water bladders not recommended in case of breakage.
- Water purification tablets or small personal water filtration system if you want to carry less water
- Headlamp with spare battery
- 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)
- A lightweight garbage bag for extra waterproofing
- Camera, spare batteries (optional)
- Compass, maps, GPS (optional)
- Personal amount of toilet paper in a Ziploc bag
- Hand sanitizer or sanitary hand wipes
- Feminine hygiene supplies
- 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

- Emergency tarp
- Lighter
- General repair kit and Leatherman
- Maps, compass, GPS, altimeter watch
- Phone with power bank, radio, satellite phone or other emergency communication device
- First-aid kit
- Safe transport box for bear sprays