



## EQUIPMENT LIST – Youth Rock & Ice Camp

### 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 hydrated. When buying, renting, or borrowing gear for the trip, please keep weight, performance, and function in mind.

### HIKING / CLIMBING / SCRAMBLING EQUIPMENT

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- Day hiking backpack (30-40 litres). Needs to be large enough for climbing shoes, harness and helmet. Some group gear like ropes may need to be shared among participants
- Rain cover specific to your pack (optional)
- 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
- Collapsible, lightweight hiking poles (optional)
- Technical equipment like climbing shoes, harness, belay device, helmet. Bring your own if you have it, otherwise we will have those items for you to use.

### CLOTHING

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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.

- 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 Prima Loft jacket
- Medium weight fleece shirt
- Thin, synthetic or wool base layers, top and bottoms
- Synthetic or wool t-shirt
- Lightweight gloves for colder weather days
- Good quality hiking socks (synthetic or wool)
- Warm hat that covers your ears if temps are forecasted to be cold
- Light, summer gaiters (if necessary, usually only early season)
- Sun hat, preferably with a wide rim
- Bandana or Buff (optional)

## **AROUND THE HUT**

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- 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**

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- 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 (optional, guides will carry one)
- Small umbrella (for rainy days, optional)
- Small container bug spray or cream
- Water bottle or water bladder, allow more than 1 liter on hot days
- Headlamp with spare battery (optional)
- Small Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- Pocket knife (optional)
- Light stuff sacs or Ziploc bags to keep your backpack organized and important items dry (optional)
- A lightweight garbage bag for extra waterproofing (optional)
- 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

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- Emergency tarp
- Technical Equipment, such as ropes, climbing shoes, helmets, harnesses
- 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
- Large capacity water filter
- Biodegradable soap
- Dishcloths and/or paper towels
- Breakfasts, dinners, lunch supplies for 4 days, 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