



## EQUIPMENT LIST TOURS

### Clothing

- underwear & socks
- warm long underwear (tops and bottoms), preferably polypropylene
- T-shirt
- long-sleeved shirt, wool or synthetic
- warm sweater, e.g. wool or fleece
- warm jacket, e.g. fleece jacket
- long pants, e.g. outdoor pants
- shorts (optional)
- swim suit (optional)
- waterproof rain jacket & pants
- pyjama (maybe use shirt and shorts or long underwear as pyjama)
- toque (wool hat) & gloves
- sun hat (snug or tie down)
- hiking boots
- lightweight shoes for camp wear, e.g. sport sandals and/or running shoes

### Other

- toiletry items (soap, tooth brush, tooth paste, comb/hairbrush, small towel, waterproof sunscreen lotion and lipstick with high sun protection factor, maybe skin cream)
- personal medications
- toilet paper, maybe "baby wipes"
- insect repellent, maybe bug net for head
- sunglasses
- water bottle
- torch
- pocket knife
- lighter
- day pack (for Mt Hunt Trekking large back pack suitable for camping!)
- sleeping bag (down to 0°C or a little below, especially in fall)
- sleeping pad (e.g. Thermo-Rest)

### Optional

- camera with spare batteries, memory card or films, waterproof container
- binoculars
- notebook & pencil, reading materials, games
- small musical instrument
- *for hiking trips: trekking poles*
- *for canoe trips: neoprene booties or neoprene socks with sport sandals*
- *for canoe & camping trips: fishing gear (collapsible rod please)*

### Please note

Keep *baggage weight and volume* low (limited payload in floatplanes, limited space in canoes, gear must be carried by yourself). Choose light-weight and compact materials and limit the amount of your luggage.

Take *quick-drying clothing* to be *carried in layers*.

*General equipment* such as camping gear (tent, tarp, saw, axe, etc.), cooking gear (stove, pots, cutlery, food, water purification system, etc.), paddling gear (canoe, paddles, life vests, waterproof luggage bags, etc.), first aid kit, bear spray and emergency equipment will be provided by us.