

ALP PARTICIPANT EQUIPMENT LIST

Preparing for a 3.5 month long program can seem a daunting task! Hopefully this list will assist you in your preparations. The list provides items you must have, items you may WANT to have, and items to make you feel more at home.

For paddling, biking and climbing gear, we do have equipment available for you to borrow. It is often, however, that ALP participants will want to purchase their own gear. We recommend you try ours first, then order from our suppliers to help you to achieve your own gear at a reasonable price.

As you pack, please remember that your clothing will get wet during paddling activities and, depending upon the weather, possibly all other activities. Please pack accordingly to ensure you have enough dry clothing and warm clothing for each day.

Personal

- Personal toiletries (including towels)
- Sunglasses and sunscreen
- Water bottles (2) and Hydro-pack (recommended)
- Flashlight (headlamps are great to have)
- Notebooks, your computer if you wish, and writing utensils
- Charging cords

Sleeping

- Sleeping bag (good to -10 C)
- Sleeping pad
- Dedicated clothes for sleeping

Clothing

A note on clothing: Attempt to **eliminate cotton as much as possible during activities. Synthetic (i.e. fleece) or wool is a much more effective option for outdoor pursuits.

- Toque and sun hat
- Gloves or mitts (2 pairs)
- Wool or synthetic long underwear (minimum 2)
- Lightweight undershirt (minimum 2)
- Wool/fleece shirt, sweater and pants (multiple)
- Wool or thermal socks (minimum 4 pairs – socks may get wet each day)
- Extra shoes for camp use (flip flops, crocs, slippers)
- Running shoes
- Rubber boots (highly recommended but easily purchased in Rocky)

Outdoor Gear

- Wind shell
- Warm coat
- Good rain gear (jacket and pants - no ponchos, please. Good rain gear is SO IMPORTANT)
- Old runners that may get wet (must be close-toed and secure to the feet – no sandals or crocs)
- Hiking shoes/boots (sturdy runners will suffice)
- Day pack (~ 15-20L)
- Hiking backpack (at least 30L with proper back support)

Additional Items

The following are items you will want, but we recommend you wait to purchase these until you have tried ours, spoken to colleagues, and until we provide the login to our suppliers.

Equipment

- Wetsuit and/or drysuit
- PFD (Class 5 for whitewater)
- Paddle
- Water shoes
- Paddling helmet
- Tow line (5m of tubular webbing)
- Carabiners (minimum 2)
- Drybag (at least 10L)
- Bike helmet (we have some, but you will likely want your own)
- Bike (if you want to use your own and are able to transport it here)
- Climbing shoes
- Climbing helmet
- Climbing harness

Emergency Gear

- First aid kit (more information on what is required once you complete your WAFA)
- Fire lighting kits (more information on what is required once you arrive)
- Knife or multitool

Note on Clothing:

If you tend to be cold when outside for long periods of time, you may want to bring extra warm clothing. Remember that it is better to wear multiple layers for warmth, than to wear one heavy layer.

A washer and dryer is available for your use in the staff quarters. These are shared with the other guides so please ensure that you have dry clothes available to last you a day or two. Please provide your own laundry soap.

Items to make you feel at home

You will each have your own bedroom/cabin. To make this feel like home you may wish to bring:

- Bedding (contact us prior to arrival to find out the size of your bed), and pillow
- Books
- Hangers (there are some, but not a lot)
- Power bar (the cabins do not have electricity)
- Your laptop
- Slippers, housecoat

Please do not bring any snacks containing nuts.

Please feel free to contact us at info@helaventures.com should you have any questions!