

EQUIPMENT LIST

The participant must supply the following equipment:

- Sleeping bag — good to -5 or below
- Sleeping pad – lightweight is best for packing
- Water shoes (old runners, paddle sport specific – must be closed-toe)
- Hiking boots
- Camp shoes
- Day pack — 35-40L capacity
- Whistle
- Water bottles
- Knife
- Lighter and fire starting kit (in waterproof container)
- Headlamp
- Warm toque
- Gloves or mitts
- Wide range of synthetic clothing: fleece/polypro underwear, fleece jackets, insulating jacket
- Waterproof jacket and pants
- Wet socks or dry socks
- Notebook and Journal
- Sunglasses
- Sunscreen / Lip Balm
- Personal Medications
- Personal Dry Bag (20-30L)
- Rescue Gear:
 - First aid (ouch) kit
 - Two carabineers

The following are recommended:

- 3 season tent (may be borrowed from HeLa)
- Dry or Spray Top
- Wetsuit or drysuit (wetsuits may be borrowed from HeLa)
- Paddling helmet (may be borrowed from HeLa)
- Neoprene gloves (recommended if you tend to have cold hands when paddling)
- Bike helmet (may be borrowed from HeLa)
- Paddle (may be borrowed from HeLa)
- Personal Flotation Device (may be borrowed from HeLa)
- Climbing harness, helmet and shoes (harness and helmet may be borrowed from HeLa. You will need your own climbing shoes)
- Leatherman or comparable multi-tool
- Rubber boots