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Wildland Overnight Gear List

The weather is unpredictable and the number 1 rule of outdoor camping is “Prepare for the worst, hope for the best”. Please ensure that you follow the gear list carefully and have adequate clothing to maximize your experience on this trip. Try checking with relatives or friends for items you do not have. Wool pants or shirts are often available from second hand clothing outlets at very inexpensive prices. Some items can also be rented from places like Mountain Equipment Co-op or the University of Calgary’s Outdoor Centre.

The Layering System

The purpose of a layering system is to be able to mix and match the layers of insulation to match the weather conditions and your activity level to maintain a comfortable body temperature without excess sweating (which can lead to heat loss). Throughout the day you will need to layer up and layer down as conditions and activity levels change.

- The **inner layer** keeps the skin dry and comfortable. I.e- “Longjohns”, long sleeve shirts, baselayers
- The **middle layer** provides some insulation and protection from the elements. I.e- Fleece or wool sweater and pants.
- The **outer layer** provides insulation. The **shell layer** protects you from wind and rain. A waterproof rain jacket is essential in case of bad weather. Waterproof rainpants or snowpants are strongly recommended, if unavailable windpants can be used but will be ineffective at keeping snow and rain out.

It is important to remember that we will be in the Rocky Mountains and weather patterns can change without warning, so being prepared for all types of conditions will be necessary no matter the season.

On the next page you will find the gear list. If you find it is overwhelming and you are missing a lot of items, try second-hand stores like Value Village that often have great items for cheap. Gear can also be rented from U of C’s Outdoor Centre or MEC, or perhaps you can borrow items from family or friends.

Please note: Cellphones, I-pods, CD players, and other electronical equipment must be left at home. Use of such equipment will not be tolerated and items will be confiscated. Cameras are allowed and encouraged, however, phones or music players cannot be used as camera devices.

Personal Gear List (REQUIRED!)

PLEASE DO NOT PACK ANY COTTON HOODIES OR PANTS. These get wet easily and will hold moisture until students get home. "Cotton is rotten" in Canadian camping.

- Warm Sleeping Bag** the rating of a bag states the temperature of survival, not comfort. Please make sure the sleeping bag is ample warm enough or bring an extra blanket or liner
- Sleeping Pad** closed cell pads are best
- Pillow** if desired
- Long underwear** 2-3 sets of tops and bottoms: 1 for sleeping, 1 for daytime use
- Other layers of clothing** that can be combined in layers to keep you warm with changing temperatures (i.e. vest, wool sweater, etc.)
- Wool, pile or fleece pants** No jeans or sweats please - these absorb water and do not provide warmth.
- Underwear** as needed
- Wool or wicking socks (no cotton)** several pairs. **Avoid ankle socks** as these will leave your ankles exposed to blisters and do not provide any warmth
- Pile, fleece or wool jacket**
- Toque and scarf**
- Mitts or gloves** + *at least* one extra pair
- Rain jacket**
- Rain pants** or **snow pants**
- Sturdy hiking boots** or **snow boots** waterproof, have been worn before and broken in
- Camp Shoes** these are to give feet a break from their closed toed shoes, and let their hiking shoes dry/air out. An extra pair of runners, sandals, crocs, camp booties etc.
- Personal toiletries** toothbrush, toothpaste, contact lenses, etc. Please place these items in a separate small bag or Zip-loc, as they will be stored separate from all other items. NO PERFUMES OR COLOGNES!
- Sunglasses**
- Sunscreen**
- Bowl, Plate, Cup, Utensils** must be reusable.
- Leak proof water bottle** Nalgene or Platypus containers are great! 1-2 Liter capacity
- Hat** with brim, to protect from sun exposure
- Flashlight/Headlamp** with good batteries
- Day Pack** large enough to carry lunch, 1 litre water bottle, and extra clothes, etc.

Please **do not** pack knives or matches/lighters. COA guides will provide them if needed.

Optional Items

- Shorts/ T-shirt**
- Bug Spray**
- Garbage bags** handy for packing up and storing wet gear
- Bandana** multiple uses
- Camera**
- Notebook**

If you have any questions about the gear or trip details, please don't hesitate to phone or email me and I'd be happy to help.

I look forward to meeting all of you!
Sincerely,

Bryce Willigar

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<http://www.companyofadventurers.com>