

Two Day/One Night Packing List

Clothing:

- Hiking boots
- Camp shoes (eg runners/crocs)
- Hiking socks (3 pairs)
- Long underwear, light weight
- Hiking pants (2)
- Rain pants
- Synthetic shirt, light weight
- Fleece jacket or wool sweater
- Rain jacket
- Toque
- Sun hat
- Gloves

Group Safety/First Aid Equipment:

- Ropes and carabiner
- Axe
- Bear banger
- Bear bells
- Whistles
- Mobile Phone
- Maps
- First Aid kit
- Blister care kit
- Water purification tablets
- Water filter

Food:

- Two lunches
- Snacks
- Dinner
- Breakfast

Personal Gear:

- Backpack
- Sleeping mat
- Sleeping bag
- Headlamp
- Food bag
- Bowl, cup, fork, spoon
- Pocket knife
- Hand sanitizer
- Water bottle
- Sunscreen
- Insect repellent
- Sunglasses & sun hat
- Toothbrush & Toothpaste
- Toilet paper
- Camera
- Cards
- Bear bells
- Whistle
- Mobile phone
- Zip lock (garbage)

Group gear:

- Tent/fly/poles
- Tarp
- Stove
- Pots

Backpacking Food Suggestions:

Breakfast: instant oatmeal, cold cereal, bagels, dried fruit, tea, hot chocolate

Lunch: bagels, buns, cheese, dried fruit

Dinner: freeze dried food (MEC), rice, pasta, powdered sauce, instant mashed potatoes, peppers, cucumbers, carrots