



## WHAT TO BRING - PACK LIST

- 60 – 80 L backpack
- Tent – We provide you with a MSR Elixir 2 person tent (approx. 4 lbs.) for every 2 people as part of the trip cost,
  - If you choose to bring your own tent make sure it is appropriately sized and waterproof
  - Alternatively you can choose to rent a single person tent from us for \$50 extra
- Warm, but not bulky sleeping bag. Should have at least a 0 degree Celsius rating and be light and small
  - A 10L compression sack (which compresses the sleeping bag into a more manageable size) is recommended but not necessary.
- A sleeping mat
  - A small, thin rollup Thermarest NeoAir mat works best (remember you will have to carry it with you)
- An empty pillow case to stuff clothing in to act as a pillow or a small camping pillow
- Water resistant/proof jacket (with hood)
  - Water resistant pants are optional but always nice to have as well
- You should have a maximum of 2 hiking outfits and 1 camp outfit
  - Your camp outfit should be comfortable and warm as it may cool off. This outfit will always remain tucked away to stay dry so you have something comfortable to sleep in. Also pants and a long sleeve shirt are recommended to help protect from mosquitoes and to keep warm.
  - You should plan on 2 hiking outfits (1 for cool days and 1 for hot days) and these should consist of:
    - 2 x Shirts (preferably not cotton)
    - 1 x Pair of hiking shorts
    - 1 x Pair of hiking pants
    - 2-4 x Pair of Underwear
    - 2-4 Pairs of Hiking Socks
    - Swimming Suit
- Toque (Beanie) and thin, light gloves
- Hiking boots (plus spare laces)
  - Break them in before the hike starts (your feet will thank you)
- Gaiters (optional)
  - These are recommended for all our coastal hikes as they keep mud from getting in the top of your boots.
- Sandals or light shoes for around camp and for any potential river/stream crossings.
- A small/light towel
- 2 x Garbage bags
  - 1 for waterproofing your clothes inside your backpack



- 1 for packing out your garbage along the trail (everything we bring in we must hike out)
- 2-3 x Ziploc Bags for waterproofing camera, wallet and other personal belongings
- Sun protection (glasses, hat or ball cap and sunscreen)
- Insect repellent
- Small personal first aid kit including blister treatment, Band-Aids, etc.
  - Don't go overboard as your guides will be carrying complete first aid kits for the group
- Headlamp
- Personal water bottle
  - 1 or 1.5L Wide Mouth Nalgene bottles are the best. Camelbacks are also acceptable
- Collapsible Trekking poles (optional)
  - They are recommended as there is a lot of up and down + potentially muddy sections, the hiking poles help for your knees and balance.
- Toiletries
  - Toothpaste and deodorants are okay, however please do not bring shampoos/soaps for yourself (even biodegradable) as this pollutes the water. It will be all hand scrubbed and natural water washing while we are on the trail
- Toilet Paper
  - You should pack your toilet paper in a ziploc bag along with a small hand sanitizer and lighter
- Camera
  - There will be lots of photo opportunities
- A plastic bowl, mug and set of utensils for eating and drinking from
- Nuun electrolyte tablets or something comparable to drop into your water for extra flavour and energy
- A small paperback book and/or notebook if you enjoy to read or write at camp
- \$40 - \$80 cash in \$10 and \$20 bills for a snack shack
- A small cash gratuity (tip) for your guides at the end of the trip
- Your personal ID and a Credit/Debit card

If there is anything on this list that you do not have or that you feel is necessary please do not hesitate to contact us at [Info@BCATours.com](mailto:Info@BCATours.com) and we will line up any necessary rental gear for you.