

Long Trail Hiking Trip

Clothing List

Please pay particular attention to the suggested material fabric and quantity of each item. Since students are carrying minimal amounts of clothing to reduce excess weight it is essential that none of their items are cotton. Cotton takes a long time to dry, does not retain any warmth when wet, and actually sucks away warmth from your body increasing chances of exposure. Students will also have the opportunity to hand wash their clothes during the hike. This is another reason why students' clothes must be either synthetic or wool. The dry time of these fabrics are much faster than cotton.

Item	Quantity	Description/use
Peaked ball cap or sun hat	1	<u>Synthetic if possible</u> . Provide protection from sun.
Toque	1	<u>Synthetic or wool</u> . Provide extra warmth.
Buff or bandana.	1	<u>Synthetic or wool</u> . Provide extra warmth and sun protection.
Synthetic quick drying shorts	1	<u>Synthetic</u> . Must be quick drying. For everyday hiking and swimming.
Synthetic quick drying pants	1	<u>Synthetic</u> . For hiking in colder weather and extra bug protection. <i>No jeans or jogging pants.</i>
Long Sleeve Trekking shirt	1	<u>Synthetic</u> . Polyester or nylon is great. Long sleeves are preferable for sun and bug protection. Must be big enough to wear over a long sleeve thermal top.
Long sleeve fleece	1	<u>Synthetic</u> . 150 to 200 weight fleece. This is your insulating layer and must be large enough to fit over your thermal top.
Rain Jacket	1	All seams should be sealed. Must be large enough to wear over layers. Must be reliable to protect student from rain and wind. Should be at least a 2.5-layer membrane.
Rain Pants	1	All seams should be sealed. Must be large enough to wear over layers. Must be reliable to protect student from rain and wind.
Hiking Boots	1	Mid weight or full boots with waterproof liners are best for the type of terrain students will be walking through. Mid weight boots provide ample ankle support and require less time to break in. While full boots provide excellent stability and support but require a much longer break in time.
Gloves	1	<u>Synthetic or wool</u> . For warmth on cold mornings and crossing windy summits. Synthetic/wool glove liners or 100 weight fleece gloves.
Rain mitts (RM) or bread bags (BB)	1 RM or 2 BB	You can buy waterproof rain mitts, but a cheaper and just as effective method is to use bread bags. These help keep students' gloves dry in cold and wet weather.
Wool Socks	3	Wool provides warmth when wet and does not get as smelly as a synthetic sock.
Underwear	3	<u>Synthetic or wool</u> . Synthetic dries much faster than wool or cotton. Student will be washing their clothes as they hike to save weight from carrying excess clothes.
Thermal top	2	<u>Synthetic or wool</u> . Students will sleep in one of these for extra warmth at night and hike in the other on colder days. <i>Polypropylene</i> is an affordable and effective option.
Thermal bottom	1	<u>Synthetic or wool</u> . Students will sleep in these for extra warmth at night. <i>Polypropylene</i> is an affordable and effective option

Gear List

Item	Quantity	Description/use
Sleeping bag (at least 5°C and preferably synthetic fill)	1	Synthetic fill. Students will be hammock camping this trip, which in some cases expose sections of a sleeping bag to morning dew. Synthetic bags retain warmth when they are wet opposed to a down sleeping bag. The bag should preferably be smallish when packed. The bag should be rated to at least 5°C.
Sleeping pad	1	On some evenings students will be camping in shelters or on the ground. A sleeping pad is critical in providing insulation between your body and the ground. Please try to avoid pads that do not roll up into a small cylinder. The pad should have an R-value of 1.
Small dry bags	2-3	This will keep all your personal belongings dry. Total of all bags (including your sleeping bag should not exceed 30L . 10L bags are great and 20L bags are satisfactory; however, 30L bags do not fit our packs.
1 litre water bottles with carabineers	2	A wide screw top mouth is best. Stainless steel, aluminium, or plastic (BPA free)
Wooden spoon	1	It should have a long enough handle to stir with when cooking in a pot and have deep enough bowl to eat soup or curry from. Try Dollar tree or Dollarama.
Pocket knife or multi-tool	1	Optional. No blades great than 4" will be permitted. Must have a locking blade.
Lighter, flint & steel or matches	1	Used for lighting your alcohol stove. Make sure you put the lighter or matches in a ziplock bag.
Whistle	1	To be worn when hiking.
Headlamp with extra batteries	1	90 lumens is more than enough to see at night for camp chores.
Nylon cord	3m	3m length and 5mm in diameter (shoe lace thickness). This is used for a clothesline.
Toiletries	1 of each	Toothpaste, toothbrush, dental floss, and hand sanitizer. All should be in 30ml containers. Check your travel section at your local pharmacy. Bring all items in a zip lock bag.
Toilet paper	1	One roll of toilet paper in a zip lock bag.
Feminine hygiene products (tampons or pads)	-	Please bring even if you are not expecting your period on trip. Include the appropriate disposal materials (aluminium foil squares and zip lock bags).
Sunscreen, lip balm and sunglasses		A small container of sunscreen (no more than 150ml). Minimum in SPF 15/UVB/UVA (broad spectrum) sunglasses with UV protection.
Insect repellent	1	A small container of insect repellent (no more than 150ml). No aerosols.
Watch	1	A watch with an alarm clock is useful for being an LOD.
Camera	1	Optional. Helps create slide shows 😊. Store in a zip lock bag.
Glasses and or contacts	2	Bring an extra pair of glasses/contact in case they are lost or damaged on trip.
Prescription drugs, inhalers, and epi-pens	2	Please bring two sets of medications. Students' will keep one set and staff will keep the other set safe in case the other is lost or spoiled.
Your LT manual & writing utensils	1	Keep your manual in two sets of zip lock bags. Bring at least two writing utensils. Check that they work before trip. Pencils are great (make sure that you bring a sharpener and eraser).
Your passport, border crossing permission form, and travel insurance	1 of each	You will not be able to go on trip without these items. Photocopies are not acceptable.
Money and disposable lunch	-	Lunch for the ride to Vermont. Money for food on the ride home from Vermont.

DO NOT BRING

Any alcohol, cigarettes or illegal drugs- you will be sent home and/or evacuated from the course.

Any electronic devices such as cell phones, iPods, etc.

Any deodorant, antiperspirant, make-up, soap, shampoos, etc.