



## Your Equipment List



### Clothing

- Comfortable hiking boots
- Hiking poles\*
- Light hut shoes
- \*Insoles for hiking boots
- Hiking socks
- Hiking pants
- Shorts
- Good quality rain gear coat & pants
- Warm sweater/fleece
- T-shirts
- Sun hat
- Warm hat
- Gloves or mitts

### Miscellaneous

- Backpack (60 l)
- Hiking Gaiters for bad weather
- Pocket knife (Swiss army knife style)
- Sunglasses (UV proof)
- \*Extra optical glasses with safety straps
- \* Extra contact lenses
- Water bottle (1 l) or re-hydration bag
- Sunscreen (UVF 15)
- Lip balm with UV protection
- Toiletries
- Small towel
- Minor first aid kit
- Personal medications (carry two sets of anything important)
- Headlamp with new batteries
- Camera, film, lenses, etc.
- \*Note book or diary
- \*Reading material
- \*Binoculars

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Should you have further questions in regards to your equipment, please don't hesitate to contact us at [summer@skihikebc.com](mailto:summer@skihikebc.com).

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