

Outdoor Recreation Equipment Check List

How To Use This Check List

- Use the ALL TRIPS equipment list, then-
- Pick the appropriate list for your type of trip.
- Gather all your gear and-
- Check off the equipment as you put it in your pack.
- Check off the equipment you won't be taking (all items will be checked off when you are ready to go).
- Pack all items in plastic bags so they will stay dry or won't leak.
- Group gear is to be distributed equally, taking into consideration the weight of the gear and the ability of the person to carry it.
- Be extra conscious of weight. Go as 'light' as possible.
- Change the lists to suit your area, personal needs or type of trip.
- Leave a route plan and ETA (estimated time of arrival) home with a responsible person and be sure to call this person when you return.

All participants must:

- Have proper equipment.
- Have sufficient training or experience for the type of trip.
- Know basic First Aid, plus emergency and rescue procedures.
- Be in good physical condition
- Have a co-operative attitude.

ALL TRIPS

Wear:

- Suitable Clothing
- 1 or 2 pairs of socks
- Boots (appropriate for the trip)
- Gaiters
- Underwear (shorts or longs)
- T shirt
- Shirt
- Sweater
- Jacket
- Hat, cap or toque
- Sunglasses
- Watch

Carry on your person:

- Matches (in a waterproof container)
- Whistle
- Compass
- Knife
- Emergency Kit
water-proofed matches
First Aid Kit
Emergency blanket
- Munchies
- Handkerchief
- Flares or Pepper Spray (bear protector)

Car Pack: For end of trip

- Complete change of clothing
- Food
- Complete First Aid Kit
- Flashlight or lantern
- Toilet paper
- Soap & Towel

DAY HIKES

- Day Pack
- Rain Gear
- Food
- Drink
- Map & Compass
- Matches
- Insect Repellent
- Personal medication
- Special Gear : Camera & Film, binoculars, I.D. books, fishing gear etc.

EXTENDED TRIPS:

(Overnight or Several Days)

- Suitable Pack
- Sleeping Bag
- Ensolite or Thermarest Mattress
- Camp shoes
- Socks (2 or more pairs)
- Underwear (long johns?)
- Trousers

- Shirt
- T-Shirt
- Warm sweater
- Vest or Jacket
- Rain Gear
- Toque (for sleeping too)
- Flashlight
- Repair Kit containing: tape, needle & thread, wire.
- Washcloth & Handtowel
- Handsoap (biodegradeable)
- Toothbrush & Toothpaste
- Toilet paper
- Personal medication
- Insect repellent
- Boot Treatment
- Matches
- Plate or Bowl & Cup
- Knife, Fork & Spoon
- Water Bottle
- First Aid Kit (with Moleskin)
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Share with group:

- Tent and Fly
- Stove & Fuel
- Fire Starter
- Pots & Pans
- Dish Towel
- Dish Soap (biodegradeable)
- Scouring Pad

- Food
- Munchies
- Map
- Pencil & Paper
- Headlamp

Special Gear

- Camera & Film
- Binocular

WINTER & MOUNTAIN TRIPS:

- Day Hike Equipment or Extended Trip Equipment, Plus:
 - Extra Food
 - Extra Fuel
 - Extra Warm Clothing
 - Mitts
 - Snow goggles
 - Sunscreen
 - Lip Balm
 - Snow Shovel
 - Snow Shoes
 - Skis
 - Poles
 - Skins
 - Wax
 - Repair Kit containing: ski tip, tape, wire, etc.
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MOUNTAIN CLIMBING & GLACIAL TRAVEL:

- Climbing Boots
- Helmet
- Crampons
- Harness
- Ice Axe
- Climbing Rope
- Runners
- Prusiks
- Jumars
- Carabiners
- Figure 8
- Ice Hammer
- Rescue pulleys
- Avalanche cord
- Ice screws
- Chocks
- Wands
- Pitons
- Pieps & Probes
- Altimeter
- Headlamp
- Repair Kit containing: Crampon wrench & spare screws

CANOE TRIPS:

All participants MUST:

- *Wear a PFD.*
- *Have suitable training for the trip.*
- *Know mouth-to-mouth resuscitation.*
- *Be able to swim.*

- Day Hike Equipment or Extended Trip Equipment, Plus:
 - Canoe (in good repair)
 - Extra Flootation
 - 3 paddles per canoe
 - Bailer & Sponge
 - 15 ft. painters
 - Lining ropes
 - Canoe cover
 - River Bag
 - Cord (to tie items in)
 - Repair Kit
 - Axe or Saw
 - Fishing gear
 - A complete Change of clothing
 - PFD
 - Running Shoes
 - Knee Pads
 - Swim Suit
 - Wet Suit
 - Sun Hat
 - Sunglasses
 - Sunscreen

BIKE TRIPS:

- Day Hike Equipment or Extended Trip Equipment, plus:
 - Bike (in good condition)
 - Helmet & gloves
 - Paniers
 - Pump
 - Spare Tire & Tube
 - Repair Kit containing: tire patches, good cement, tape & wire, chain oil, screw driver & wrench set, chain tool, valve cap (with valve remover)

OTHER GEAR & OR REMINDERS

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SPECIAL NOTES:

Put equipment inside your pack as much as possible, tie outside gear on securely, whether in a canoe or travelling by bike.

For glacier travel pin mitts onto your shirt or tie on a string through and up your sleeves.

Sunglasses can be taped or tied onto your head.

Catch problems early, put moleskin on hot spots before they become blisters.

Put raingear on before it rains. Gaiters and chaps help keep your feet dry and comfortable.

Have fun but remember to observe the Principles of Low Impact Recreation:

Plan Ahead & Prepare.

Camp and Travel on Durable Surfaces.

Pack It In, Pack It Out.

Properly Dispose of What You Cannot Pack Out.

Leave What You Find.

Minimize Use and Impact of Fire.

Minimize Noise and Visual Intrusion.