

HIKING HUT TO HUT IN BRITISH COLUMBIA

Adventures in Good Company's suggested packing list

Since you will be carrying all of your clothing on your back, you will want to keep the weight in your pack as light as possible. For this reason you should consider the following packing list as bare minimum, to be added to at your discretion. You can plan on leaving your suitcase/duffel bag with your traveling clothes at our hotel.

FOOTWEAR

- ___ 1 pair lightweight hiking boots. They should come above the ankle and fit comfortably, without constriction, when you are wearing one liner sock and one heavyweight sock.
- ___ 1 pair sport sandals for stream crossings and in the huts
- ___ 2 pair thin liner socks: silk or synthetic equivalent (optional, some women don't like them)
- ___ 2 pair thick socks: wool or synthetic equivalent (Coolmax, Thermax, Polartec, etc)

CLOTHING

- ___ 1 pair comfortable, lightweight, synthetic hiking pants (Supplex, or nylon/polyester/spandex blend)
- ___ 1 pair comfortable shirt and pants to wear around the hut at night (can be cotton, or your long underwear)
- ___ 1 long-sleeved, lightweight shirt for protection from sun while hiking
- ___ 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, Polartec, or polypropylene)
- ___ 1 medium-weight fleece jacket or pullover
- ___ 1 pair shorts: nylon shorts with liners are comfortable and easy to wash (optional if you have zip-off pants)
- ___ 2 synthetic T-shirts (Light colors are suggested.)
- ___ 1 wide-brimmed hat or baseball cap for protection from sun
- ___ 1 rain parka and rain pants: a **waterproof**/breathable fabric like Gore-tex is preferable. Partial or full length leg zippers are great for easily putting your pants on over your shoes or boots.
- ___ 1 warm hat and gloves
- ___ underwear
- ___ swimsuit (optional)
- ___ set of clothes to wear after the trip (can leave in luggage)

EQUIPMENT

- ___ 1 pack with a well-padded hipbelt: make sure it's large enough to hold all of your clothing and still have room for lunch. It should not be a full backpack or you'll be tempted to take too much. Please line your pack with a durable plastic bag, such as a garbage bag.
- ___ 1 sheet or sleeping bag liner

ESSENTIALS

- ___ sunglasses (100% UV blocking) with retention strap
- ___ 2 bandannas
- ___ sunscreen and lip block with SPF of at least 15
- ___ **Passport** and Xeroxed copy
- ___ 1 one-quart water bottles (wide-mouthed) or hydration system (see back)
- ___ trekking poles
- ___ insect repellent
- ___ headlamp and extra batteries

TOILETRIES (small everything)

- ___ towel, toothbrush, small toothpaste, trial-size biodegradable soap and shampoo, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia, glasses
- ___ personal "patch kit": bandaids, Compeed (blister bandaids) and moleskin, foot powder, ibuprofen, personal medications, if any. **Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician and tell your guide.

OPTIONAL

- ___ camera and film
- ___ backpacking towel ("packTowel")
- ___ your favorite book
- ___ your favorite snack (Adventures in Good Company will also provide group snacks throughout the day)
- ___ compact binoculars
- ___ journal and pen
- ___ compass
- ___ earplugs (for a good night's sleep)
- ___ fleece or down vest
- ___ pocket knife

AT THE HUT: The huts are well-stocked with games, books and things to do, so bringing your own reading material isn't essential. There are also slippers in every hut for group use.