

PACKING LIST – EXPLORING NOVA SCOTIA

FOOTWEAR

- 1 pair lightweight hiking boots or trail shoes with good support and a Vibram sole
- 1 pair comfortable shoes for general use
- 1 pair of water shoes (not flip flops) that can get wet. Teva type shoes work well.
- 2-3 pair Hiking socks: wool or synthetic equivalent (Thorlo, Smartwool, Ultrax, or Teko)

OUTDOOR CLOTHING

- 2 pair comfortable synthetic long or ¾ pants for hiking – zip offs work well here.
- 1-2 pairs of shorts (one should be quick-drying)
- 2 – 3 synthetic or lightweight wool T-shirts or short-sleeved shirts
- 1-2 lightweight, long-sleeved shirts for hiking and wearing around our lodging
- 1 pair lightweight long underwear (base-layer) top: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, Polartec, or polypropylene)
- 1 lightweight long-sleeved shirt for sun/bug protection - button up front is the best
- 1 medium weight fleece/down jacket/vest
- 1 rain parka with hood and rain pants: coated nylon or a waterproof/breathable fabric like Gore-tex
- 1 lightweight warm hat or buff
- 1 pair lightweight gloves
- 1 wide-brimmed hat or baseball cap for rain and protection from the sun
- Underwear/nightwear
- 1 - 2 outfits of casual clothing after a day outside and for going out to dinner (pants, long-sleeved shirt, etc.)

EQUIPMENT/ESSENTIALS

- Passport and a photocopy of your passport
- 1 daypack (see 'notes on packing list for size recommendations)
- 1 pack cover or large plastic bag to line backpack for waterproofing
- Pair of trekking poles (optional, recommended but not required)
- A small towel/pack towel for kayaking
- Sunscreen and lip block with SPF of at least 15
- Sunglasses (100% UV blocking) and retention strap
- 2-liter water carrying capacity
- Sandwich box (Tupperware or equivalent, for packed and picnic lunches)
- Travel alarm/watch with alarm
- Insect repellent

TOILETRIES (small everything)

- Toothbrush, small toothpaste, dental floss, shampoo, moist towelettes, sanitary supplies and a zip- lock plastic bag, contact lens paraphernalia
- Personal "patch kit"/ medications. (See 'notes on packing list' for recommendations)

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide

OPTIONAL (not required, personal preference)

- Small journal and pen Camera and memory card Favorite snack(s)
- Book Ear plugs (for a good night's sleep) Extra batteries/charger
- Compact binoculars (recommended)
- Bathing suit (just in case the opportunity presents itself)

NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

Daypacks: You will need a daypack that is large enough to hold the following items: 2 liter of water, rain jacket, lunch/snacks (for the day), warm layer (fleece pullover or vest), warm hat or buff, personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 24 – 30 liters or approximately 1800 and 2100 cubic inches and preferably with a hip belt, padded shoulder straps and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

Footwear: Well-fitting, sturdy hiking boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them as much as possible and taking some short hikes before your trip. For general trekking/hiking there are many choices in both materials and styles of boots. Your choice will depend on the environment you will be hiking as well as your personal preferences and physical condition of your feet and ankles. Boots can be made of leather, nubuck leather, synthetic materials or a combination and come in low, mid or ankle cut styles. For general trekking/hiking we recommend low/mid-height height, lightweight/midweight hiking boots/shoes with Vibram or Vibram type soles. Please note: If you have weaker ankles or are recovering from an ankle injury consider either the mid-height or the ankle height boots. Remember to waterproof your boots before the trip. (Even boots billed as 'waterproof' still need to be treated with a waterproofing product – it's the interior lining that is actually the 'waterproof' part of the boot, not the exterior.)

Personal First Aid Kit: We recommend bringing a small first aid kit with the following items: blister and/or foot remedies for blisters, hot spots, etc. (band aids/compeed/moleskin/personal choice), personal prescription medications, over the counter medications for common ailments (respiratory/colds, stomach issues, sore muscles/joints). Your AGC guide will have a first aid kit as well but if you already know what works for you it's best to have that with you.

Clothing: All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. NO COTTON for your active wear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms?

Trekking Poles: Trekking poles are optional for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. In addition, they help conserve your energy by transferring some of the work to your arms and chest. For a detailed description of considerations when purchasing a pair of trekking poles please see: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/153280/Choosing-Trekking-Poles-for-your-Next-Hiking-Trip>

If you are purchasing trekking poles for your trip please make sure they meet the following guidelines:

1. Height of the poles can be adjusted
2. They have an upright (as opposed to cane-like) handle
3. Have wrist straps that can be adjusted.