

## *Backpacking Out-Trip* **PACKING LIST**

**Appropriate equipment on an Out-Trip is a safety must.**

**A Note on Cotton:** Cotton clothing increases the risk to a camper's well-being during their Out-Trip. Nylon, polyester or polypropylene clothing will help protect campers & dries quickly.

### **Additional Gear for Backpacking Out-Trips:**

- Sunglasses**
- 60L internal frame backpack with padded hip belt (MUST be FITTED to camper's body)**
- Hiking boots with ankle support (waterproofed & MUST be WORN pre-camp to avoid blisters)**
- Additional Durable 1 Litre Water Bottle** or platypus-style hydration system
- 2 short sleeve wool or synthetic shirts**
- 1 long sleeved wool or synthetic shirt**
- 1 pair long pants** (nylon or similar)
- 1 pair of shorts** (nylon or similar)
- Light-weight shoes or sandals for evenings** (can double as indoor shoes around Pioneer!)
- Synthetic liner socks are recommended** (they reduce blisters)

### **Optional but Helpful Additional Gear for Backpacking Out-Trips:**

- Gaiters
- Hiking pole

\*Much of this can be borrowed from people or some items even rented, so don't feel you have to go out and buy all of it. Rentals are available from The Outdoor Program Center at U of C (403-220-5038) or at Mountain Equipment Company in Calgary (403-269-2420) and Edmonton (780-488-6614). If you do decide to buy, we recommend Mountain Equipment Company.