



Skala Adventures Gear List

We are big believers of going light. Considering the fact that we are to embark on an overnight adventure in the wilderness, this going light idea might be difficult to imagine.

By keeping our packs lightweight, we get to not only keep our backs happy, but also sustain our energy for our overall experience. After years of packing my packs, let me share some tricks n' tips of how to pack light - your back and knees will thank you!

When travelling in the mountains, it is necessary to know how to adjust for changing conditions. Bringing clothing that can be layered to achieve comfort is recommended. Please **avoid cotton**, as it doesn't dry well in wet conditions, making you to loose heat rapidly.

Consider bringing light weight clothing and gear that will be both functional and well-fitted for you.

We will go through our clothing prior to the trip.

Clothing List

- Waterproof Jacket – a midweight synthetic/Gore-Tex jacket
- Insulated Jacket - mid-layer synthetic or down jacket
- Waterproof Pants - a midweight synthetic/Gore-Tex pant
- Hiking Pants – preferably windproof & quick dry. Please avoid jeans or cotton pants. Light synthetic or soft-shell is great.
- Long underwear - Top and Bottoms – lightweight synthetic or merino wool
- Socks – Preferably a synthetic / merino wool blend. Bring at least 2 pairs
- Light Synthetic Shirt/T-shirt for hiking
- Light Gloves / Mitts
- Warm hat/Toque; Sunhat
- Light Footwear – crocs or sandals, for comfortable use around camp.
- Boots - please make sure they are broken in, comfortable and have a good ankle support. Please waterproof your boots before your trip
- Gaiters - very helpful to keep boots and feet dry and clean



Equipment

- Backpack/+cover if available (45L-60L)- depending on your personal gear (your pack needs to be large enough to carry not only your clothing, sleeping bag and mat, but also your share of group camping gear and food. If you wish to bring an additional day pack for exploring in the area we will be staying in, feel free to do so, however, make sure it's very light weight & compressible)
- Plastic bag to waterproof clothing and sleeping bag in pack
- Sleeping bag (0°C to -12°C, depending on your comfort level) - with a compression sack
- Sleeping mat /Therm-a-rest or good ol' fomie ;-)
- Mug, Bowl/Plate, spoon/fork (plastic)
- Sunglasses - close fitting with good UV protection
- Sunscreen and lip protection with minimum SPF 30
- Insect repellent
- Water bottle(s) /bladder - at least 1-2 L, plastic with tight lid
- Small personal first aid kit - Band-Aids, moleskin, duct tape, medications, etc. (guide will carry a larger group first aid kit too)
- Toiletries - keep to minimum/no scented items if possible + ear plugs
- Headlamp - with fresh batteries
- Toilet paper and hand sanitizer (enough to last you through the trip)
- A couple of Ziploc bags

Optional

- Camera, spare battery and memory card
- Collapsible Hiking Poles
- Pocket knife
- Small personal amount of treats, if desired. ;-)
- Journal, writing utensil
- Lighter

Please bring all your gear in very good condition and proper size. If you are bringing any new or borrowed equipment, please check it out prior to the trip, making sure it's working for you.

Feel free to contact us if you have any further questions!

If you need to borrow/rent personal equipment, following are the rental prices of available items/ day:

- 55 L backpack - \$13
- hiking poles - \$10
- sleeping bag - \$15
- sleeping pad/Thermarest - \$6
- 1 L water bottle - \$2
- personal eating kit (bowl, spoon) - \$5

Feel free to contact us if you have any further questions!

Katarina

403-678-8145
info@skala.ca