



WHAT TO BRING

Items marked with an asterisk (*) are required.

CLOTHING

Bring clothing appropriate for all types of weather –including cold, rain and heat.

- Shoes – 2 pairs*
- Socks – 2 pairs per day*
- T-shirts
- Shorts
- Underwear
- Sports bra
- Waterproof jacket*
- Sweatband
- Sweat pants
- Warm fleece or sweater
- Long pants
- Mittens
- Tuque
- Scarf
- Shower shoes

CAMPING GEAR

- Towel and washcloth*
- Sleeping bag*
- Flashlight and batteries*
- Tent flag or marker
- Battery operated alarm clock
- Journal and pens
- Earplugs
- Waist pack with water bottle*
- Air mattress or pad
- Plastic sheets or tarp
- Clothespins (to secure plastic)
- Pillow
- Mylar blanket

TOILETRIES

- Feminine products
- Toothpaste and toothbrush
- Moisturizer
- Nail clippers
- Shampoo and conditioner
- Soap
- Razor
- Small mirror
- Deodorant

FIRST AID

While we'll have supplies and Crew to tend any major medical issues on the event, please bring your own supplies for tending to minor medical problems.

- Sunscreen*
- Antiblister aids*
- Pain reliever*
- Bandages*
- Lip balm with sunscreen*
- Insect repellent*
- Any required prescription medications
- Petroleum jelly
- Foot powder
- Antacid
- Gauze and tape
- Disposable plastic bags

WAIST PACK

- Water bottle
- Sunglasses
- Extra pair of socks
- Sunscreen
- Lip balm with sunscreen
- Watch
- Pain Reliever
- Antiblister Aids
- Bandages
- Feminine Products
- Money or Credit Cards
- Identification
- Special snacks for dietary needs
- Camera and film

CREW GEAR

- Work gloves
- Back support
- Pocket knife

WHAT NOT TO BRING

- Electrical appliances, as there are no electrical outlets available in Camp
- Valuable or breakable items

You will be allowed one gear bag weighing up to 16kg/35lbs. Everything, including your sleeping bag, must be packed inside or secured tightly to your gear bag. Backpacks or duffle bags work best, as the wheels of a traditional suitcase can get clogged by grass or gravel. We recommend packing your belongings inside large plastic bags before putting them in your suitcase. Be sure your belongings are carefully labeled, and add a ribbon or identifying marker. Drop off your luggage at your gear truck on Saturday and it will meet you at Camp. We'll bring it to the end point for you on Sunday.