General Equipment List

SEMIAHMOO SECONDARY TOTEMS

Remember:

- take only what you'll use every day plus emergency supplies
- consider the weight and **size** of each item
- repackage to save weight and minimize waste
- *warm*, *dry* and *fed* are the basics

Expect Rain – when you're hiking, biking, paddling, and in camp…

BE PREPARED to stay dry !!!!

You Must

√ be comfortable in your activity clothes
√ pack days before you are to leave and throw out the unnecessary
√ remember the size of what is going to be carrying your gear (pack, kayak hatch, etc) !!
√ everything that must stay dry is BAGGED !!!
√ check items off the list as they go in
√ know how to fill and operate your stove
√ know how to set up your tent properly
√ plan each meal AND know how to prepare it

Shelter	Sleep	Cooking	Personal	
☐ Tent	☐ Sleeping bag w/hood	☐ Stove	☐ T.P.	☐ Book, cards etc.
☐ Full cover fly - seam sealed	☐ Sleeping pad	☐ Fuel	☐ Toiletries	☐ Sunblock
☐ Ground cloth	☐ Sleep wear (warm)	☐ Pot(s) w/lid(s)	☐ Medications	☐ Insect juice
☐ Pegs & ropes as required	☐ Pillow (optional)	☐ Knife/fork/spoon/plate/cup	☐ Camera	☐ CHAPSTIK
☐ Tarp (optional)		☐ Lighter/matches		

Equipment	Food (per day)	Clothing		
☐ Water bottle	☐ Breakfast	☐ Shorts	☐ Fleece	
☐ Flashlight w/batteries	☐ Boat Snacks	☐ Polypro T-shirt	☐ Windproof jacket	
☐ **Sunglasses**	☐ Drink crystals	☐ Socks (x2)	☐ Rain Jacket & Pants	
☐ Large pack(70-80 ltr.)	☐ Warm drinks	☐ Underwear (x2)	☐ Good hiking boots	
☐ Lg Garbage bags(2)	☐ Beach Lunches	☐ Hat w/brim	☐ Gaiters	
☐ Light cord (15 m)	☐ Dinner (quick/easy/good)	☐ Camp shoes	☐ Long Pants	
☐ Whistle	☐ Late night snacks	☐ T-shirt (in camp)	☐ Toque	

Menu: (in brackets is where you are going to have your meal, i.e. "on the beach", "at camp", "on the trail", etc.)

Day 1		Day 2	
Breakfast (_____)		Breakfast (_____)	
Lunch (_____)		Lunch (_____)	
Dinner (_____)		Dinner (_____)	

Day 3		Day 4	
Breakfast (_____)		Breakfast (_____)	
Lunch (_____)		Lunch (_____)	
Dinner (_____)		Dinner (_____)	

Day 5		Day 6	
Breakfast (_____)		Breakfast (_____)	
Lunch (_____)		Lunch (_____)	
Dinner (_____)		Dinner (_____)	

Condiments/Snacks