Packing list: Adult Day Hikes

We'll be traveling into the backcountry, and exposure is our primary concern at this time of year. For that reason, all items listed on the packing list are required to ensure a safe and positive experience for everyone. Please arrive with everything on the list and make sure your gear has been tested in advance—this isn't the time to try out brand-new equipment for the first time.

If your pack feels overbuilt, we can reassess together at the parking lot and leave select items in the vehicle if appropriate. It's always better to have gear you don't need than to need gear you don't have. If you're missing any required items, some equipment may be available to rent—please contact us in advance.

Gear & Other Items

Item	Quantity	Helpful information
Rain cover	1	A fully waterproof, seam-sealed rain cover that covers your entire backpack. Highly recommended but contact us if you don't have one. You can also pack your things in a garbage bag inside your backpack.
Backpack	1	25L+ hiking backpack (padded hip straps highly recommended)
Water bottle	2	1L hard water bottle such as a Nalgene highly recommended.
Headlamp	1	Flashlights are ok in a pinch but we highly recommend a water-resistant headlamp.
Extra batteries for headlamp	1 set	1 complete set of extra batteries for the headlamp. We recommend using energizer lithium batteries as they last far longer, work better in colder temperatures and have significantly less mass. We also recommend storing them in a small waterproof drybag or Ziploc.
Food		Bring a full lunch, snacks, extra snacks and one extra meal in case of emergency. Make it lightweight.
Whistle	1	Fox 40 recommended
Medications		Any applicable medications you need for the day.

***Please contact us if you have any questions! ***

***We highly recommend that all gear is tested before the program begins. ***

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If you do not have any or all the items on this list, Western Educational Adventures can provide this equipment either for rent or for purchase at a competitive price.

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Clothing **Absolutely no cotton**

Item	Quantity	Helpful information
Rain jacket	1	We highly recommend a waterproof breathable GORE-TEX type rain jacket (also known as a hard shell). Other fully waterproof rain jackets will work. No ponchos please.
Rain pants	1 pair	We highly recommend a waterproof breathable GORE-TEX type rain pant (also known as a hard shell). Other fully waterproof rain pants will also work.
Hat	1	A full brim sunhat.
Sunglasses	1	Properly fitting sunglasses that fully cover the participant's eyes.
Hiking boots or trail runners	1 pair	Need to be above the ankle bone, also known as high-top hiking boots. If you are buying hiking boots for this program, please make sure to wear them hiking for a few days before the program as they will need to be broken in. Running shoes or trail runners may work but hiking boots are highly recommended.
Long underwear	1	A pair of wool or fleece long underwear.
Shorts or long pants	1	1 pair of quick drying shorts or long hiking pants. Nylon recommended.
Socks	2 pairs	Wool hiking socks.
Insulating tops	1	Fleece, wool or puffy jackets.
T-shirt long or short	1	Wool or synthetic recommended but cotton will do. You will want to be aware of the weather for this decision.
Warm Jacket	1	A down or puffy jacket
Warm hat	1	A fleece hat, toque, etc
Fleece gloves	1 pair	Polar fleece gloves, wool ones work too.
Change of clothes	1 pair	To leave in your vehicle or the WEA van to change into at the end of the hike.

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Optional Items

Item	Quantity	Helpful information
Pen or pencil	1	For taking notes or marking maps
Notebook	1	Record observations or trip details
Compass and map	1	Essential for navigation, especially off marked trails
Hiking poles	1 pair	Support and stability on rough terrain
Sunscreen	1	Protects from UV rays, even in winter
Insulated pants	1 pair	Extra warmth in cold conditions
Bear spray	1	For safety in bear country
Fire starter	1	Helpful for starting fires in emergency situations
Matches	1 pack	Waterproof recommended
Knife	1	Useful for food prep or emergencies
Watch with timer	1	Keeps track of time during activities
Extra emergency layers	As needed	Added insulation in case of unexpected weather
Stove	1	For cooking meals or boiling water
Pots	1 set	Cooking and boiling water
Camping fuel	As needed	Fuel for stove, ensure compatibility
Hand sanitizer	1	Maintains hand hygiene outdoors
Swimsuit	1	For swimming opportunities in warmer months

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Please do not bring:

- Nuts or Peanuts
- Tobacco, alcohol, recreational drugs, etc.
- Expensive/luxury clothing
- Jewelry and other valuables
- Non hiking appropriate footwear. You must bring running shoes, hiking boots or trail runners at a minimum.

A note on cotton

Cotton is not ideal for any outdoor environment. When cotton absorbs moisture, it gets heavy and no longer insulates, instead it draws heat away from the body. Other fibers such as wool and synthetics don't get as heavy and still have some insulating ability when wet.

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