

BC EXTREME – Suite 409-2173 West 6th Ave. Vancouver, BC V6K 1V5 PHONE: 604-761-2304 FAX:
Email: bcextreme@telus.net Website: www.bcextreme.bc.ca

Personal Equipment List for EXPEDITIONS

THE ACTIVITIES INVOLVED IN THIS PROGRAM ARE SUCH THAT IMPROPER CLOTHING AND EQUIPMENT COULD CONTRIBUTE TO PERSONAL DISCOMFORT, EXPOSURE OR HYPOTHERMIA. PLEASE ADHERE TO THESE CLOTHING AND EQUIPMENT REQUIREMENTS.

- Back Pack, with waist belt, large enough to hold 2 days of equipment. Minimum 40L for Juniors and 50L minimum for all others.
- Sleeping Bag. Do not bring a bulky bag that cannot be packed small!
- Sleeping Pad, closed cell.
- Rain Suit, “of solid quality” with hood or hat.*
- Hiking Boots with ankle support. NOT high top running shoes.+
- 2 pairs of Running Shoes, including one pair of old & ugly.
- 2 pairs of thick Wool Socks (for boots).+
- 1 pair thin Nylon Socks & 3 pairs light Sports Socks.
- 1 pair Wool or Fleece Pants & 1 pair Jeans or Nylon Pants.
- Long Underwear, tops & bottoms, polypropylene or wool. Not cotton!!
- 2 Sweaters, 1 light & 1 heavy, wool or fleece.
- Wool or Fleece Toque or Ski Hat.
- 1 pair light winter Mittens or Gloves.
- 1 Warm Jacket, polar fleece, thinsulite etc. **NOT BULKY.**
- 1 Sweat Shirt & 5 T-shirts.
- 3 pairs loose fitting Shorts (1 pair quick dry/nylon).
- Travel clothes, to and from
- Underwear.
- Swimsuit.
- 1 Towel (beach size).
- Sun Hat & 1 Bandana.
- Water Bottle (i.e. nalgene, 1 litre).
- Plastic Whistle.
- Plastic Cup, Bowl & Spoon.
- Mini Flashlight or Headlamp with new batteries.
- 4 extra large garbage bags & 5 large ziplock bags.
- Package of Moleskin or Mole foam.
- Toothbrush & Paste, Biodegradable Soap/Shampoo (i.e. Dr Bonner).
- Sanitary supplies for girls.
- Insect repellent—NOT AEROSOL.
- Sunblock and lip block.
- Sunglasses.
- *OPTIONAL—camera, writing material, sandals, rock climbing shoes, safety harness, gators, life jacket (PFD).

LEAVE YOUR WATCH, WALLET, JEWELLERY & OTHER VALUABLES AT HOME

NOTE: Please make every effort to bring as much wool, polypropylene, fleece or thinsulite clothing as possible. Although it is summer it can get very cold in the mountains and these fabrics will provide warmth even when wet. Suitable woollen clothing can often be found in second hand stores quite cheaply. Polypropylene, fleece and thinsulite can be found in backpacking and other sports stores.

***RAIN GEAR:** Cheap plastic raingear is NOT suitable. It gets caught in trees and shrubs and is usually in shreds after the first two hours of rain! Heavy rubberized or coated nylon is great and will stand up for years. NO PONCHOS.

+BOOTS AND SOCKS: Expensive hiking boots are NOT necessary. Light weight hiking boots with lots of ankle support are ideal. Leather or synthetics are suitable. It is very important to break in the boots and water proof them. Blisters from new boots are our biggest medical problem. New wool socks are springy and provide cushion when walking long distances; old socks lose their springiness. Thin nylon socks under heavy wool socks help prevent blisters by allowing the friction to rub on the nylon instead of the skin.

ENTERTAINMENT: Musical instruments are most welcome. Walkmans, radios and video games are NOT allowed.

POCKET MONEY: Students do not need any spending money during the course. \$30.00 to \$35.00 is sufficient for buying BC Extreme underwear and purchasing photos at the Open House. Your money will be held in security for you during the course.

NAME TAGS: All clothing & equipment must be identified with a tag or indelible pen.

RENTAL EQUIPMENT: A LIMITED NUMBER OF PACKS, SLEEPING BAGS AND SLEEPING PADS ARE AVAILABLE ON A FIRST COME, FIRST SERVE BASIS. PLEASE CONTACT THE OFFICE WELL IN ADVANCE.