

STRATHCONA PARK LODGE

ALPINE TO OCEAN - HIKING EQUIPMENT LIST

All program participants require appropriate clothing and equipment to participate in SPL programs. The weather is unpredictable, it can be sunny and warm in April or unseasonably cool and wet in August, so participants need to be prepared for whatever nature brings us. Consider this a list of “must-haves,” regardless of the season. In early spring or late fall you’ll want to add some warmer layers, and June thru mid September you may want extra shorts and T-shirts.

It should not be necessary to purchase new items to enjoy your SPL experience. We recommend borrowing, renting or purchasing second hand items that you do not already own.

CLOTHING

For active outdoor pursuits, the best way to regulate body temperature and to maintain warmth is to wear layers of clothing that can be adjusted depending on the weather, temperature and activity level. Layers should include long underwear, warm mid-layers and waterproof outerwear. Wool, nylon, polyester and synthetic fleece are recommended as clothing materials because they provide insulation even when wet and dry quickly. Cotton clothing is not acceptable for warm layers. Cotton loses any insulating value when wet, is slow to dry and should not be worn in damp conditions.

THE IMPORTANCE OF PROPER RAINGEAR CANNOT BE OVERSTATED. Raingear must be waterproof (coated PVC or Gore-Tex) – if you can’t stay dry in the shower while wearing your raingear, it is not acceptable.

- Rain jacket and rain pants
- Short sleeve shirt (synthetic)
- Quick dry pants (or zip off pants to shorts)
- Quick dry shorts (or zip off pants to shorts)
- Wool socks , 3 pair
- Long sleeve shirt (fleece, wool or synthetic)
- Warm sweater or jacket (fleece or wool)
- Warm pants (fleece, wool or synthetic)
- Long underwear top and bottoms (wool, silk or synthetic; no cotton underclothing)
- Warm hat (gloves optional depending on time of year)
- Sun hat, sunglasses
- Bathing suit and small towel (be conscious of weight and space)
- Personal items (toiletries, eyeglasses with safety strap, medication, etc)

FOOTWEAR

- Comfortable lightweight shoes or sandals to wear around camp
- Mid-weight hiking boots with ankle support. Boots must be broken in and waterproofed.
- Gaiters for keeping snow, water and debris out of hiking boots (recommended April –June)

EQUIPMENT

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| <input type="checkbox"/> Sleeping bag and stuff sack (minimum -7°C; synthetic fill is preferable) | <input type="checkbox"/> Small flashlight or headlamp with spare batteries |
| <input type="checkbox"/> Sleeping pad (closed cell foam or Therm-A-Rest type) | <input type="checkbox"/> 1L water bottle, unbreakable cup, bowl & spoon |
| <input type="checkbox"/> Sunscreen (SPF 25-30), lip balm, insect repellent | <input type="checkbox"/> 60-70L backpack with padded hip belt |

OPTIONAL ITEMS

- Sock liners (polypropylene or silk)
- Blister kit
- Camera
- Journal & pencil

For questions about this list please call us at (250) 286-3122 or e-mail us at info@strathcona.bc.ca. Some camping equipment can be provided if required, if traveling to SPL from international destinations: sleeping bag, sleeping pad, unbreakable cup, bowl & spoon, dry bags or stuff sacks.
