

## Summer Gear List

As most of our summer guests indicate hiking as a major component of their trip, the summer gear list is tailored to that activity. Given that our lodges provide access to many other activities such as climbing, mountain biking, canoeing, etc. please adjust this list accordingly.

### Safety gear

- Bear spray
- Mosquito spray

### Other essential gear

- Hiking boots
- Adjustable poles
- Jacket (a shell of some sort; either Gortex or soft shell)
- Quick dry hiking pants
- Light weight base layers
- Technical/hiking socks
- Warm layer (synthetic or down jacket)
- Light gloves
- Lightweight toque / Buff
- High energy food
- Sunglasses (with wide coverage if possible)
- Sunscreen and lip protection
- Small headlamp
- Repair kit: duct tape (wrap around hiking pole), pocket knife/multi-tool and lighter
- Daypack
- Sun hat/toque
- 1 L water bottle/thermos
- Toilet paper
- Camera

### Gear for the lodges

- Down booties/flip flops/slippers
- A change of clothes for relaxing in
- Bathing suit in case of a sauna or a lake dip
- Music – CD's/Ipod/MP3 player depending on the lodge's set up
- A book
- Journal and pen
- Toiletry bag
- Ear plugs (for snoring noise protection)