

## 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

- o Bear spray / Mosquito spray

## Other Essential Gear

- o Hiking boots
- o Adjustable poles
- o Jacket (a shell of some sort; either Goretex or soft shell)
- o Pants (a shell of some sort; either Goretex or soft shell)
- o Light weight base layers (quick drying)
- o Technical socks
- o Warm layer (down jacket)
- o Ski gloves (2 pair of varying weights)
- o Lightweight Toque/Buf / Baseball cap
- o High energy food
- o Ski Goggles (optional)
- o Sunglasses (with wide coverage if possible)
- o Sunscreen and lip protection
- o Helmet
- o Small headlamp (with fresh batteries)
- o Repair kit: duct tape (wrap around hiking pole), pocket knife/multi-tool and lighter
- o 20-30 litre daypack
- o 1 litre water bottle and/or thermos
- o Toilet paper
- o Camera
- o Hot shots for hands/feet

## Gear for the lodges

- o Running shoes / flip flops / slippers (with hard or rubber sole)
- o Casual hut clothes (be comfy)
- o Music – CD's / iPod / MP3 player depending on the lodge's set up
- o External charging device for phone, camera, iPod, etc.
- o Journal and pen
- o Toiletry bag
- o Ear plugs (help you sleep if there are snorers)

## Suggested Medications & First Aid Supplies

- o Anti-inflammatories, Imodium, Painkillers (aspirin & acetaminophen)
- o Wound management (saline, steristrips, Benzoin, topical antibiotic cream, dressings, gauze, bandaging material)
- o Splinting material