



AURORA HIKING EQUIPMENT LIST

Basic personal equipment

- Boots:** Sturdy hiking or backpacking boots, must provide good support and fit well.
- Backpack:** An internal frame backpack with a capacity of 40-60 litres, large enough to carry all your gear.
- Outerwear jacket:** An outer layer waterproof/breathable shell with hood (Gore-tex, etc.). Non-insulated is best.
- Outerwear pants:** waterproof/breathable shell, **non-insulated**.
- Personal clothing layers:** layering works well, no cotton. Below is a suggested guideline, personal preference will affect choices.
 - mid-weight softshell hiking pants
 - lightweight sweater/mid layer for top
 - Softshell or fleece jacket
 - Insulated jacket with hood, synthetic or down. Weight depends on temperatures and weather conditions
 - 1 extra pair socks & underwear
- Gloves:** lightweight gloves
- Toque/warm hat:** wool or fleece
- Hat with sun visor:** baseball cap, etc.
- Sunglasses:** ideally with 100% UV blockage
- Headlamp:** small size. Headlamps are preferable to handheld flashlight
- Water bottle/hydration system:** 1 litre minimum, 2 litres is ideal
- Compass:** compass with a sighting mirror is preferred.
- Knife:** Full blade, or folding style with locking blade
- Personal kit:** (toothbrush, toilet paper, foot-care supplies, etc.) Keep kit to a minimum and bring only essentials
- Covid-19 Kit and PPE:** hand sanitizer; medical mask, or re-useable face covering; and medical gloves.
NOTE: CWMS provides this for everyone, but ideally each person also brings their own personal face mask and hand sanitizer.
- Sunscreen:** Minimum 30 spf
- Insect repellent and bug-netting hat:** it is usually buggy and insects can be a serious nuisance during a night in the open
- Flint and steel:** Optional, but a great tool to have as lighters and matches are not 100% reliable

Overnight Equipment

- Sleeping bag:** Synthetic or Down, rated to -5 degrees Celsius (unless current conditions require a warmer or colder rating)
- Sleeping pad:** Thermo-rest style inflatable or closed cell foam (Ensolite style). Closed cell foam is more durable and versatile.
- Eating utensils:** cup, bowl, spoon
- Food as required:** Please consult with your Guide/CWMS Office staff in advance if you need assistance in planning
- Gas stoves:** include fuel and matches/lighter,
- Cooking sets:** bring pot sizes that are appropriate to the meals and groups size
- Survival blanket or bivy** (SOL Escape Lite recommended – *breathable is nice for West Coast climate!*)
- Tarp:** 2x3m tarp; plus groundsheet 1x2m. Can be a lightweight plastic painters drop-sheet

Optional yet recommended items

- Small wilderness hand saw:** folding saw, wire saw, etc
- Water purification:** (Pristine drops, Aquatabs, UV pen, hand pump, etc)
- Hiking pole(s):** useful for the approach and descent to/from your camp
- Small personal survival kit:** if you already have one, please bring it along
- Candle**
- Bug netting hat**
- Note pad and pencil**