

Your back pack should be big enough to hold these items and food that will be divided amongst all whom are going up

Clothing should be for late fall or early winter temperatures at the top of the mountain. The weather in the mountains can change very quickly. You could experience summer heat and winter snow on the same day!

Essentials for the Hike

- Back pack
(should be able to carry 30 to 50lbs)
- Heavy socks
- Hiking Boots or good shoes
- Hat
- Personal Items
- Water bottle (it should hold 2-3 litres). Full for the start of the hike.
We will need to filter any new water we need on the way, up at the hut and on the way back

Clothes and Toiletries to Pack

- Heavy socks
- Gloves/mitts
- Rain jacket
- Spare pants
- Sweater
- Toque
- Biodegradable soap
- Towel and face cloth
- Toilet paper (You will need it as none is supplied at the hut or on route)
Pack in a plastic bag
- Personal items

Sleeping Bag (good to -5C)

The hut has a wood stove in the sleeping area but may not be on throughout the night. It gets cold at night!!!

Miscellaneous

- Camera
- First aid kit
- Large garbage bags
- Matches
- Moleskin (for blisters)
- Sunglasses
- Sunscreen
- Ziplock bags (large)
- Whistle
- Flash Light

All garbage must be carried out with us when we leave

Optional

- Gaiters
- Hiking stick
- Pocket knife

All garbage must be carried out with us when we leave