

Hiking ExplorePACK Packing List

THE ESSENTIALS Included in this pack

- Headlamp
- Bivy sack (emergency blanket & shelter)
- Rescue whistle
- First aid kit
- Emergency radio & charger
- Trekking poles
- Backpack
- Compass - know how to use it

SEASONAL ESSENTIALS

- Sunscreen
- Sun hat & sunglasses
- Toque/beanie
- Gloves/mittens
- Micro-spikes
- Avalanche rescue gear (transceiver, probe, shovel) - know how to use it

NON-ESSENTIALS Nice-to-have items

- Insect repellent
- Lip balm
- Moleskin
- Personal medications

PERSONAL ESSENTIALS You need to pack these items

- Food (enough for everyone in your group for 24 hours)
- Water (at least 1 litre/person)
- Communication device/cell phone
- Multi-tool
- Fire kit (igniter and dry fire starter)
- Emergency contact information
- Extra batteries for the headlamp (AAA)
- Map for the area you're visiting
- Toilet paper & Ziploc bag (in case there are no washrooms- follow Leave No Trace principles)

Layered clothing (proper layering enables you to regulate your body temperature)

- Base layer (polyester or Merino wool fabrics. NO COTTON!)
- Thermal layer (wool or synthetic materials fitted close to the body)
- Protective layer (in wet weather: a Gore-Tex type jacket, in dry weather: a windproof layer)
- Appropriate footwear (hiking boots or trail runners)



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TRIP PLANNING

Completing a trip plan is extremely important. It gives details about your destination, travel route, equipment and expected return time. It is vital information to assist authorities searching for you in the event of an emergency.

If no one knows you are missing, no one will be looking for you.

- Plan your route
- Know the terrain and conditions – visit the website for the park (or area) you will be visiting ahead of time
- Check the weather
- Fill out a trip plan
- Scan the QR code below and download the AdventureSmart trip plan app



BEFORE YOU GO

- Always have a means of communication and know ahead of time if the area you are hiking in has cell phone reception
- Familiarize yourself with your equipment – learn how to use your compass, read a map and perform basic first aid
- Let someone know where you are going
- Stick to the plan
- Travel with a companion
- Be fit enough for your chosen recreation – be conservative in your time estimates and give yourself plenty of time for your return trip

IN CASE OF AN EMERGENCY

Do not panic

S – Stop
T – Think
O – Observe
P – Plan

Then act

- Call 911 and ask for the police
- Know where you are hiking so you can let emergency services know when you call
- If you call for a rescue, stay in one place
- Search and Rescue may take some time to respond, be prepared to wait
- If you self-rescue, remember to call emergency services to cancel the call out