

RECOMMENDATIONS FOR YOUR BACKPACK - Bulkley Valley Backpackers Society

Experienced backpackers / hikers know the weather can change dramatically when travelling in the mountains; you may start out in shorts and a tank top ... 2 hours later you are wearing your toque / mitts / puffy jacket or full rain gear. And the temperature may have dropped several degrees. Having the proper gear in your backpack will help you to stay warm and comfortable and be able to deal with adverse conditions. Outings are several hours in duration and your level of preparedness affects the whole group.

Sturdy Pack (30-40 litres, sturdy hip belt, adjustable chest strap, refer to the following link on pack size and adjustment: <https://www.rei.com/learn/expert-advice/backpacks-adjusting-fit.html>)

Hydration + Nutrition	Water bottle or Hydration bladder/ Thermos Extra food and healthy snacks
Extra layers	Down jacket Fleece sweater Rain gear (jacket, pants or cape/poncho) Toque (warm hat) Mitts or gloves (two pairs) Extra socks / plastic bags to put over socks in wet boots
Essentials	Sturdy footwear with good soles for mountain travel Hiking / trekking poles “Quick dry” clothing - cotton clothes and socks are cold when wet (synthetics or wool work best) Compass or GPS--map Whistle Knife or multi-tool Fire starter (lighter or matches, candle etc.) Small space blanket Headlamp Duct tape or twine Sunglasses Handwarmers (chemical or battery) Sunscreen + bug repellent Sit pad (provides warmth on cool ground)
Personal First Aid Kit	Blister protection (moleskin or 2nd skin) Band aids Tensor bandage Pain relief (eg. Ibuprofen)
Winter Preparation	For Winter travel in steeper terrain Avalanche gear: Shovel + Probe + Transceiver
Other recommendations	Basic first-aid course Basic avalanche training (for snowshoers and skiers)

Revised July 24, 2019 (added to Participant Guidelines), February 2017