



BC Explorer: *PADDLE EDITION*

2024 Packing List

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Packing List

Gear Must-brings

- Small day backpack (for day hikes)
- Large 65L+ Backpack, Dry bag, or Duffle bag (must be able to carry on own gear and keep you stuff dry)
- Sleeping bag (0°C -+5°C recommended). Quickdry and compact.
- Small travel pillow
- Sleeping pad (provides comfort and insulation, very important)
- Two 1L close-able water bottles (no Gatorade squirt style)
- Headlamp (extra batteries)
- Whistle
- Waterproof stuff sacks (10-20L for your clothing)
- Reading materials
- \$20.00 for return ferry home to purchase their lunch

Clothing Must-brings

*Enough for one week

- Rain jacket
- Warm jacket/fleece
- Sturdy running shoes/trail runners
- Outdoor sandals (preferably with back straps)
- Underwear/Socks
- Shorts
- Long quick dry pants (X2)
- Comfortable camp clothing (fleece/yoga style)
- Long sleeved shirt
- T-shirts (try to avoid cotton)
- Swimming suit (X2)
- Travel towel
- Sleep wear
- Sun hat
- Neck sun guard/bandana
- Sunglasses x

Toiletries

- Toothbrush/paste
- Soap (Castile recommended for bathing/laundry/etc.)
- Sunblock (SPF 30+)
- Bug repellent
- Menstrual products (if required)
- Eye care (if required)
- Aloe Vera cream
- Personal First Aid Kit (know what's inside!)
- Medication (2 of each in case of damage)
- Mesh laundry bag
- Avoid anything highly scented

Recommended

- Paddle gloves
- Additional clothes for travel if you are coming Out of Province
- Camp chair (foldable)
- Swiss army (style) knife

Do Not Bring

- Portable video games
- Narcotics, alcohol, cigarettes, vapes
- Big bulky clothes
- Cotton clothing
- Jeans
- Inappropriate clothing
- Aftershave/cologne/perfume

Packing Recommendations

- Purchase gear at second hand stores or large department stores
- Pack well but as light as possible
- Everything you pack, you carry. Please pack accordingly.
- Try out gear before departure, including packing and carrying your bag

***Cell phones will be used for flight travel only. All phones will be held by instructors and not used during the expedition. Instructors will be taking photos and videos and sharing with parents and youth.**