



# Adult & Family Expeditions: **YUKON RIVER**

## 2024 Packing List

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## Contents

Packing List.....	2
Gear must-brings.....	2
Clothing must-brings (bring enough for one week).....	2
Toiletries (all toiletries must be travel-sized).....	3
Recommended Items.....	3
Other items.....	3
Do not bring.....	3
Recommendations.....	4

## Packing List

### Gear must-brings

- |  |   |
|--|---|
| <input type="checkbox"/> Small day backpack (for day hikes)  | <input type="checkbox"/> Headlamp (extra batteries)   |
| <input type="checkbox"/> Large 65L+ Backpack, Dry bag, or Duffle bag (must be able to carry on own gear) | <input type="checkbox"/> Travel towel   |
| <input type="checkbox"/> Sleeping bag (0°C -+5°C recommended). Quick-dry and compact.                    | <input type="checkbox"/> Whistle  |
| <input type="checkbox"/> Small travel pillow   | <input type="checkbox"/> Sunglasses   |
| <input type="checkbox"/> Sleeping pad (provides comfort and insulation, very important)                  | <input type="checkbox"/> Waterproof stuff sacks (10-20L for your clothing plus a small one for electronics) |
| <input type="checkbox"/> Two 1L close-able water bottles (no Gatorade squirt style)                      | <input type="checkbox"/> Sun hat and toque  |
|  | <input type="checkbox"/> Neck sun guard/bandana   |
|  | <input type="checkbox"/> Journal/Sketchbook   |

### Clothing must-brings (bring enough for one week)

\* **Bring enough for one week.** There will be two laundry days on-trip.

- |  |  |
|--|--|
| <input type="checkbox"/> Rain jacket + rain pants                      | <input type="checkbox"/> Shorts  |
| <input type="checkbox"/> Warm jacket/fleece                            | <input type="checkbox"/> Long quick dry pants (X2)                     |
| <input type="checkbox"/> Sturdy running shoes/trail runners            | <input type="checkbox"/> Comfortable camp clothing (fleece/yoga style) |
| <input type="checkbox"/> Outdoor sandals (preferably with back straps) | <input type="checkbox"/> Long sleeved shirt                            |
| <input type="checkbox"/> Underwear/Socks                               | <input type="checkbox"/> T-shirts (try to avoid cotton)                |
|  | <input type="checkbox"/> Thermal underlayers                           |
|  | <input type="checkbox"/> Swimming suit (X2)                            |
|  | <input type="checkbox"/> Sleep wear                                    |

## Toiletries (all toiletries must be travel-sized)

- Toothbrush/paste
- Soap (Castile recommended for bathing/laundry/etc.)
- Sunblock (SPF 30+)
- Bug repellent
- Menstrual products
- 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
- Hat bug netting (July)
- Avoid anything highly scented.

## Recommended Items

- Paddle gloves
- Camera/Phone
- Additional clothes for travel
- Waterproof socks/wetsuit.
- Reading materials
- Foldable

## Other items

- Optional Camera (recommended)
- Additional clothes for when traveling to town or flight (be ready for European hot summer weather!)
- Bandana
- Reading/writing materials

## Do not bring

- Portable video games
- Narcotics/alcohol/cigarettes/vapes
- Big bulky clothes, heavy cotton clothing & jeans (difficult to dry quickly)
- Inappropriate clothing
- Aftershave/cologne/perfume
- Hairdryer

## 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!

