



# WILDERNESS COMMITTEE

## WALBRAN VALLEY EXPEDITION GEAR LIST

- Note: we'll be camping close to the vehicles, so you won't need to hike your food and gear long distances, but it's always good to pack light/compact anyway

### Camping

#### Personal:

- **Backpack:** 60 to 70 liters (yes, we will have vehicle access, but your gear will need to be compact)
- **Tent:** most of the established tent spots are for 1 or 2 person tents – if you only have a bigger one this could be a problem, let us know asap
  - We've had volunteers use backpacking hammocks in the past, so that's an option too
- **Sleeping bag:** make sure it's a warm bag as the nights are always a bit chilly. Always pack bag in waterproof bag or garbage bag
- **Sleeping pad:** ensolite or thermarest type
- **Water bottle:** 1 liter minimum
- **Daypack:** depending on where we're working, we might be away from the campsite/vehicles from after breakfast until just before dinner, so bring something to carry water (and water treatment), lunch, extra clothes, etc.
- **Water treatment:** pump, tabs, UV, etc. (\*Note: the only way to be certain that water is 100% clean is to boil it. If you want to do this, that's fine, but be prepared to wake up early to do it, as we won't have time to wait for you in the mornings)
- **Tarp:** nice to have one or two to cook under – let us know by email if you've got one

### Cooking

- **Stove** (the compact backpacking kind)
- **Cooking pot:** I usually cook and eat from the same one, to cut down on dishes
- **Mug:** hot tea!!
- **Knife, fork, spoon, plate, etc.**
- **Sturdy bag/rope:** cloth grocery bags work, with a garbage bag to keep dry, and some rope
- **Biodegradable soap/scrub pad**

(Bring what you are comfortable cooking with on a light backpacking trip)

## Clothing

- **Hiking boots:** they must fit properly, bring moleskin if prone to blisters – we'll be hiking 45min to 1hr from our camp to the worksite and back each day, so bring shoes you can hike and work in
- **Socks:** wool or wool blend (2–3 up to 6 depending on time of year and weather conditions)
- **Trail clothing:** whatever you're comfortable in – again, for hiking and then working, and then hiking home
- **Rain gear:** you'll need it no matter what, jacket and pants – even if it's not raining, 4m tall dew-covered salal soaks you head-to-toe in a matter of minutes. We'll be working with sharp tools and fighting through thorns, so we don't recommend bringing brand new Arcteryx.
- **Underwear:** polypropylene, polyester, poly-cotton (50/50) or wool
- **Campsite clothes:** we highly recommend separate base and mid-layers for hanging at the campsite after the work day
- **Toque, gloves, etc.:** it gets cold at night!
- **Head wear:** to keep the mosquitoes off!
- **Swimsuit:** (if you want to take a dip in the river...brrr!)

(Again, if you've got backpacking experience, bring what you're comfortable in. Plan for all weather, and I highly discourage cotton. Because this isn't a trekking trip and weight isn't a huge issue, pack some extra clothes.

## Personal

- **Hygiene stuff:** toothbrush, toothpaste, medications, aspirin, sunscreen, toilet paper(in a ziplock bag)
- **Bug repellent:** the mosquitoes can be brutal
- **Flashlight or headlamp:** we camp in dense old-growth, so it gets dark way earlier than normal (install fresh batteries before leaving!)

## **Optional**

- \* Camp booties or sandals: hiking boots at night? Boo!
- \* Towel
- \* Book/cards
- \* Camera
- \* Pocketknife or Leatherman
- \* Bear spray – We've seen bears on trips before, but problems aren't common
- \* Tarp/rope – not necessary if you have a really good fly on your tent, but definitely nice to have (rope can be used as a clothes line if we have nice weather)

## Food (Volunteers are responsible to bring ALL of their own food)

- We have dinners and breakfasts at our campsite, so you can do hot stuff, but lunches usually are done on the trail, so bring bagged lunches that you don't need to heat (i.e. salami and wraps, hummus, etc.)
- Aim to maximize calories

- Suggestions: pasta, salami, trail mix, peanut butter, chocolate, cliff bars
- Basically bring what you like to eat in the woods – we will be working hard/hiking long days, so make sure you bring lots of food
- Again, because we'll have vehicle access, lightweight/dehydrated food isn't mandatory, and we'll lock food in vehicles at night and when we're out working for the day
- Optional: alcoholic/non-alcoholic beverages of your choice (for after a hard day's work)