



# WILDERNESS COMMITTEE

## MEARES ISLAND EXPEDITION GEAR LIST

### BASICS

- **Backpack, bag or small suitcase:** please try and pack light because we will be carpooling
- **Water bottle:** 1 liter minimum
- **Daypack:** we'll leave the hostel between 8-9am and return between 4-6pm on Saturday. Same on Sunday, but returning around 2pm. Please bring something to carry water, lunch, extra clothes, etc.

### FOOD

- **Volunteers are responsible for bringing ALL of their own food**
- **Bagged lunches:** for Friday (on the road), Saturday (on the trail), Sunday (on the trail)
- **Breakfasts:** for Saturday & Sunday (at the hostel)
- **Dinners:** for Friday & Saturday (cook at the hostel or go out to eat in Tofino (optional). For Sunday dinner, you can stop somewhere and eat on the road or bring something to eat
- **Optional:** alcoholic/non-alcoholic beverages of your choice (for after a hard day's work)
- We will make our own breakfast and dinners at the hostel (they have full cooking facilities), but we will eat lunch & snacks on the trail, so bring bagged lunches that you don't need to heat (i.e. sandwiches and wraps, hummus, nuts, granola bars, fruit, etc.)
- We will be working/hiking, so make sure you bring plenty of food for yourself

### CLOTHING

- **Hiking boots:** they must fit properly, bring moleskin bandages if prone to blisters – we'll be hiking/working on the trail all day Saturday and part of the day on Sunday, so bring
- **Shoes:** other shoes you can change into

## CLOTHING (Continued)

- **Socks:** wool or wool blend (ideally)
- **Trail clothing:** whatever you're comfortable in – again, for hiking and then working and lounging at the hostel
- **Rain gear:** you'll need it! Jacket and pants – even if it's not raining, often it is wet in the bush
- **Underwear**
- **Gloves & toque:** for cold nights
- **Indoor clothes:** highly recommend separate clothes to change into once we get back to the hostel
- **Hat/head wear:** to keep the chill and mosquitoes off!
- **Swimsuit:** if you want to take a dip in the ocean...brrr!

## PERSONAL

- **Hygiene items:** mask, hand sanitizer, toothbrush, toothpaste, medications (for prescription meds, please bring double the amount you will need), biodegradable sunscreen, toilet paper (in a ziplock bag), feminine hygiene products (if needed)
- **Glasses/contact lenses (if needed) & sunglasses**
- **Bug repellent:** biodegradable (let's not harm this pristine ecosystem) - the mosquitoes can be bad in the forest

## OPTIONAL

- **Camera:** we highly encourage you to take photos and share them with us!
- **Battery pack & charging cord:** to charge phone & camera
- **Slippers**
- **Towel:** just for swimming (the hostel provides towels)
- **Book/cards/games**
- **Pocket knife or leatherman**
- **Ear plugs & sleeping mask**
- **Bear Spray:** we've seen bears on trips before, but never had any close encounters
- **Covid tests:** in case you develop any symptoms during the trip

## PLEASE NOTE

- We are staying at the Tofino hostel all together in a couple dorm rooms – the hostel provides us with pillows, bedding, blankets and towels
- The hostel has showers and full cooking facilities (oven, stove, fridge, etc)