



# WILDERNESS COMMITTEE

## FLORES ISLAND EXPEDITION GEAR LIST

### Gear

- **Backpack:** 60 to 70 liters (yes, we will have vehicle access, but your gear will need to be compact)
- **Sleeping bag:** we will be sleeping inside but it still could be a bit chilly, but no need to bring a super warm sleeping bag
- **Sleeping pad:** we will be sleeping on the hard floor, so don't forget this!
- **Water bottles:** 2 liters minimum (bring 2 bottles or a bladder)
- **Daypack:** we will out all day (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 (your choice!)
- **Flashlight or headlamp:** just in case
- **Food bag:** to keep your food in (there will be a communal fridge to store your food)
- **Portable chair:** to sit on (important!)

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

- **Bagged lunches** - for Friday (on the road), Saturday & Sunday (on the trail), Monday (on the road)
- **Breakfasts** – for Saturday & Sunday & Monday
- **Dinners** – for Friday & Saturday & Sunday
- We have dinners and breakfasts at the hall, 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. sandwiches, wraps, hummus, bars, nuts, etc.)
- **Optional: alcoholic/non-alcoholic beverages** of your choice (for after a hard day's work)
- Aim to maximize calories (let us know if you need some meal suggestions)
- We will be working hard/hiking long days, so make sure you bring lots of food

### Cooking

There will be a kitchen we can use but bring your own:

- **Cooking pot**
- **Mug:** for hot tea & coffee!
- **Knife, fork, spoon, plate, etc.**
- **Biodegradable soap/scrub pad**

## 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 you can hike and work in
- **Shoes:** other shoes you can change into at camp
- **Socks:** wool or wool blend (ideally)
- **Clothing:** whatever you're comfortable in – again, for hiking & working and then separate clothes you can change into for hanging out in the eve, and pajamas
- **Gloves & toque:** for cold days
- **Rain gear:** you'll need it! Jacket and pants – even if it's not raining, often it is wet in the bush
- **Underwear**
- **Hat/head wear:** to keep the chill and mosquitoes off!
- **Swimsuit:** to take a dip in the ocean
- **Towel:** for swimming

## Personal

- **Hygiene stuff:** 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), menstrual 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
- Book/cards/games
- Pocketknife or leatherman
- Ear plugs & sleeping mask
- Bearspray – we've seen bears on trips before, but we've never had any close encounters

## Please note:

- The hike to the hall from the boat drop off is about 5 minutes, but we still encourage you to pack light (and we will be carpooling with limited space in vehicles)
- Plan for all weather, we discourage cotton clothing