



# WILDERNESS COMMITTEE

## MEARES ISLAND EXPEDITION GEAR LIST

### Camping gear

- **Backpack:** 60 to 70 liters (yes, we will have vehicle access, but your gear will need to be compact)
- **Tent:** 1 or 2 person tents – if you only have a bigger one this could be a problem, so please let us know.
- **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:** to keep you off the ground & warm (ie. thermarests)
- **Water bottle:** 2 liters minimum (bring 2 bottles or a bladder)
- **Daypack:** we will 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.
- **Tarp & rope:** (optional) nice to have one or two to cook under – let us know by email if you've got one
- **Flashlight or headlamp**
- **Food bag:** to keep your food in (there are bear caches at the campsite)
- **Portable chair**

### 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 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. 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 plenty of food

### Cooking

- **Stove & fuel:** the compact backpacking kind
- **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)
- **Trail clothing:** whatever you're comfortable in – again, for hiking and then working and hanging out at camp
- **Long underwear:** it can get cold overnight
- **Campsite clothes:** we highly recommend separate base and mid-layers for hanging at the campsite after the work day
- **Gloves & toque:** for cold nights
- **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/showering

## Personal

- **Hygiene stuff:** mask, hand sanitizer, toothbrush, toothpaste, medications (for prescription meds, please bring double the amount you will need), biodegradable sunscreen, 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
- Book/cards/games
- Pocketknife or leatherman
- Ear plugs & sleeping mask