

Wilderness Adventures.CA / Sea to Sky Expeditions

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Bowron Lakes: Suggested Packing List for Clothing and Personal Items

We will supply large dry bags at the pre-trip meeting to pack gear and clothing for the Bowron Lakes & Yukon River.

Price equipment and clothing by visiting www.mec.ca in Canada or www.rei.com in the U.S.

Waterproof packing

River/lake travel demands attention to thorough waterproofing of your gear. We will provide you with a large, waterproof 'riverbag' (115 litre or 30 gallon) and a water proof bag (20 litre or 5 gallon) to be used as a 'day bag' for quick access to items you may need during the day.

To organize items inside a large bag, you may wish to use colour coded, nylon stuff sacks. As a safety measure, you should plan to line your 'river bag' with a plastic bag. We cannot accept responsibility for performance of the bags. If you have a valuable camera we strongly recommend you bring a waterproof camera bag or case that can be found at your local camera store (one of the recommended types is made by "Pelican").

Foul Weather Clothing

The importance of good rain pants and jacket cannot be over-emphasized. While Gortex may work for wind and light showers you may consider a hooded jacket and pants made of a coated, waterproof fabric for rain protection. If you choose Gortex for raingear, it must be a top quality Multi-ply suit. Foul weather garments made for sailing seem to be among the best for durability and comfort. Bring warm synthetic pile, polypropylene or wool clothing to wear underneath your rain suit. Cotton and denim are a liability in wet environments - leave your jeans at home. Throw in some wool or pile mitts with nylon covers, or rubber gloves with a light glove inside, and a wool hat, just for good measure. You may not actually use any of this on the trip but - 'better safe than sorry'. In fair weather, a pair of shorts or lightweight long pants will work well. Long-sleeved T-shirts will provide protection from the sun or bugs in hot weather. Check the equipment list for further details and please call with any questions.

Sleeping

We recommend a sleeping bag with synthetic fill rated to -10°C or 20°F. If you tend to be a person who sleeps 'cool', you may wish to consider a bag that is rated an additional 5°C cooler. A 'Thermarest' pad or a light air mattress underneath works best, as the ground may be rough. Closed cell foam or ensolite work but they are not as comfortable and are not recommended. These items may be rented. If you wish to rent, please indicate this as early as possible.

Personal Items Check List

FIRST AID	PACKED	OPTIONAL	PACKED	TOILETRIES	PACKED
Personal Medication: extra should be given to guides		Paper/Pen		Brush/Comb	
Personal First Aid Kit that includes assorted bandages & med tape		Books/Games/Journal		Towel/Wash Cloth	
Sunscreen +15		Camera/Lots Extra Film		Soap/Shampoo: Bio-Degradable and unscented suggested	
Tylenol/Aspirin		Binoculars		Toothpaste/Toothbrush	
Ibuprofen		Knife		Shaving Gear	
Insect Repellent – Deet concentration is most effective. Not so necessary in late Aug-Sept		Bug Netting		Strenuous physical activity can advance or delay normal menstrual cycles	

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Clothing and Equipment Check List

CLOTHING	PACKED	EQUIPMENT	PACKED
Teva/sandals: with Neoprene socks/booties. Runners/Hiking Boots: camp wear [footwear that will keep you dry].		Sleeping Bag: - 10 C or 20 F Rating or lower recommended.	
Brimmed Sun/Rain Hat		Sleeping Pad: Thermarest (Brand Name) or other airfilled is recommended.	
2 Pants & Shorts: fast drying nylon recommended		Water Bottle: Wide mouth Nalgene (brand name) accommodates our water filter system. Recommended but not essential to be Nalgene.	
Underwear: at least 1 polypropylene t-shirt & long underwear		5 Plastic Garbage Bags [heavy duty]: for waterproofing items.	
Tshirts/Shirts – 2 should be fine		Thermal Mug: it retains heat longer.	
Socks – 3 or 4 will do		Spoon/Fork	
2 Insulated warm tops: fleece, wool or Primaloft (do look into Primaloft products as they are affordable, compact and light).		Bowl: plastic best as it retains heat longer.	
Rain Jacket: comfortable movement to paddle		Glasses/Sunglasses with neck cord	
Rain Pants		Flashlight/Extra Batteries	
Wool/Fleece Hat		Toilet Paper: place in waterproof container such as a ziplock.	
Gloves: protection against blisters & cold while paddling. Neoprene or cycling gloves work well		Whistle: to be attached to life jacket for emergencies.	
Mitts for warmth		Camera/Lots Extra Film	

A change of clothes may be left in the van for our return to Vancouver. It must be cautioned however, that by leaving items in the van, you agree to assume full responsibility for your choice.