



Winter Survival Trek Equipment List

Please note that this wilderness survival trek you that required to walk each day. It is meant to educate you and allow you to build up your skill and confidence as you move through the foothills of the Canadian Rockies. You will be far from your vehicle and not able to simple walk back to it. Therefore you will you will need to be self-contained in terms of gear and basic camping equipment. You will be required to carry some group gear and must keep your gear fairly light and in one well packed and fitted backpack.

Clothing:

- Winter Shell Layer
- 2 Warm Layers (Wool Sweater, Pile Jacket, Pile Vest, etc.)
- Pile or Wool Pants
- Polypro Bottoms & Tops
- 2 pairs of Underwear
- 2 pairs of Wool Socks plus 2 Liner Socks if worn
- Long Sleeve Shirt
- Toque, plus Headover or Scarf
- Winter Mitts plus Light Mitts or Gloves
- Good Quality Winter Boots good to -20° C with water proof shell or high gaiters

Camping:

- Backpack
- Sleeping Bag (Survival Rating of -20° C)
- Thermarest or Ensolite pad (short length is ok)
- Whistle
- Head Lamp
- Toilet Paper
- Toiletries
- Survival Knife
- Fire Lighting Kit

Optional Items:

- Personal 1st Aid Kit
- Pencil & Notepad
- Camera or Phone (cell service will not be present in the backcountry)

Cooking & Food:

- 1L Stainless Steel Water Bottle
- 1L Thermos
- Insulated Cup
- Bowl & Spoon
- Light Leather Gloves
- 4x Bag Lunches
- 3x Simple Camp Breakfasts
- Snack Foods
- Drink Mixes, Coffee or Tea etc.
- Food Bag