

## Expeditions Gear List

**NOTE: Total gear should not exceed 80 lbs per person**

### CLOTHING

#### Tops

- \_\_\_\_\_ Fleece/pile/wool sweater or pullover
- \_\_\_\_\_ Down Jacket or equivalent
- \_\_\_\_\_ Long underwear top
- \_\_\_\_\_ T-shirts (2 or up to you)
- \_\_\_\_\_ 1 Short sleeved shirt
- \_\_\_\_\_ 3 Long sleeved shirts (1 wool, 1 synthetic material like polyester or polypropylene, 1 cotton, is a good mix)

#### Bottoms

- \_\_\_\_\_ 1 Long underwear bottom
- \_\_\_\_\_ 1 Durable wool or synthetic long pants suitable for use as an outer layer
- \_\_\_\_\_ 1 Jeans or equivalent
- \_\_\_\_\_ 1 Light pants
- \_\_\_\_\_ 1 Pair of Shorts (nylon or cotton)
- \_\_\_\_\_ Underwear as required

#### Raingear

- \_\_\_\_\_ 1 Fully waterproof rubber rain jacket and pants (not a poncho as these are inadequate for mountain riding)
- \_\_\_\_\_ 1 Fully waterproof rain hat (cowboy hat rain cover works well)
- \_\_\_\_\_ 1 pair waterproof gloves/mitts (Gander Brand makes good ones)
- \_\_\_\_\_ 1 pair rubber Boots e.g. Muck Boots (these are important)

#### Footwear

- \_\_\_\_\_ Hiking boots, waterproofed and broken in, preferably without large lugs that could easily catch in a stirrup
- \_\_\_\_\_ Camp shoes
- \_\_\_\_\_ Lighter liner socks (min. 3 pairs)
- \_\_\_\_\_ Wool socks, thick (min. 3 pairs)

## Head and Hands

- \_\_\_\_\_ Sun hat or baseball cap
- \_\_\_\_\_ Wool/fleece stocking hat
- \_\_\_\_\_ Neckerchief or neck warmer
- \_\_\_\_\_ Wool/fleece mittens or warm wool/fleece gloves
- \_\_\_\_\_ Leather riding gloves

## EQUIPMENT

- \_\_\_\_\_ Light backpack for day hikes
- \_\_\_\_\_ Tent
- \_\_\_\_\_ Sleeping bag (rated to -10 to -15 C for June-July and -20C for fall trips, remember the official rating temperature is that point at which you become a victim of hypothermia. Zip-together bags are a cozy option for couples!)
- \_\_\_\_\_ Sleeping bag liner
- \_\_\_\_\_ Insulating pad (Therma-rest or closed-cell foam)
- \_\_\_\_\_ Headlamp and headlamp batteries
- \_\_\_\_\_ ½ litre water bottle (not a large one as it won't fit in the saddle bag)
- \_\_\_\_\_ Small thermos for those coffee or tea lovers out there
- \_\_\_\_\_ Binoculars
- \_\_\_\_\_ Camera and additional batteries
- \_\_\_\_\_ A Leatherman or pliers multi-tool is not essential, but can be Very handy
- \_\_\_\_\_ Lighter for starting fire
- \_\_\_\_\_ Power pack and charging cord

## PERSONAL

- \_\_\_\_\_ Glasses or contacts as needed
- \_\_\_\_\_ Personal hygiene products
- \_\_\_\_\_ Lip balm with sunscreen
- \_\_\_\_\_ Emergency whistle
- \_\_\_\_\_ Insect repellent if you use it
- \_\_\_\_\_ Lunches
- \_\_\_\_\_ Snacks/Munchies you can't do without
- \_\_\_\_\_ Toothbrush and toothpaste
- \_\_\_\_\_ Any necessary medication
- \_\_\_\_\_ Toilet paper, 1 roll per week
- \_\_\_\_\_ Wet wipes

MK Adventures supplies all cooking equipment, mugs, dishes (no need to bring extra dishes or silverware), camp shelter, first aid supplies, horses, and horse gear.