

Muskwa Kechika Wilderness Camps and Research Field Station Suggested Gear List

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) *optional
- _____ 1 pair waterproof gloves/mitts (Gander Brand makes good ones)
- _____ 1 pair rubber Boots e.g. Muck Boots

Footwear

- _____ Hiking boots
- _____ 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

EQUIPMENT

- _____ Light backpack for day hikes
- _____ Tent (if using a tent site)
- _____ 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
- _____ 1 litre water bottle
- _____ 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
- _____ Snacks/Munchies you can't do without
- _____ Toothbrush and toothpaste
- _____ Any necessary medication
- _____ Wet wipes

MK Adventures supplies all cooking equipment, mugs, dishes, etc. (no need to bring extra dishes or silverware).