

**Equipment List, Wilderness Adventure (13 to 15 years old)**

Welcome to RAA. The following equipment list includes all the necessary items for you to enjoy and have a safe experience on your adventure. Optional items are listed as such. **Please take the time to read this list carefully.** Good preparation will ensure that you have a good experience.

**If you have equipment that you already own we encourage you to use this.** If you have any questions on a piece of gear please give us a call. Still not sure or you have several items to choose from? Bring them along and your trip leaders will assist you in selecting which items to bring. **At the beginning of the trip the trip leaders will inspect all your equipment to ensure it is suitable for the course.** Anything not suitable can be stored at our office. If you are considering purchasing equipment before the beginning of your course consider contacting one of our preferred retailers. Preferred retailers are familiar with RAA. For a preferred retailer in your area please contact our office.

**To cover the cost of equipment rental, an equipment deposit is required.** Additional charges will be incurred for any equipment that is lost or damaged. The final cost will depend on equipment rented, damaged or lost. We will either bill or refund at the end of the course.

We look forward to meeting you. If you have any questions please call us at 1 866 837 7141.

<b>Clothing - Upper body</b>					
Clothing is layered for warmth and to adjust to changing weather. In general cotton is not recommended as it gets wet and stays wet. Wool or synthetics are preferred. If you have a favourite piece of gear bring it along and your instructor will make recommendations as to how to incorporate it into your clothing system. You may want to consider the optional items if you find you are often cool when outside.					
<b>Equipment</b>	<b>No.</b>	<b>Description</b>	<b>Comments</b>	<b>Have</b>	<b>Need</b>
T - shirt	1	A light weight poly pro, capilene or wool shirt is preferred			
Base Layer	1	A mid-weight long sleeve- poly pro, capilene or wool shirt.			
Warm Layer	1	Synthetic fleece jacket, full zip, or a synthetic fiber fill jacket			
Wind Layer	1	Lightweight nylon jacket or windproof fleece			
Rain Jacket	1	Coated nylon rain jacket or Gortex jacket with a hood			
Fleece/Insulated Jacket	1 Opt.	Heavy jacket or pullover. Thin lined sweater, lined softshell, primaloft, or other synthetic jacket.	OPTIONAL		
Fleece Vest	1	Fleece, down or synthetic-filled vest.	OPTIONAL		
Sports Bra or Tank	1	Women should bring a synthetic sports bra or a sports tank.			

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<b>Clothing – Lower Body Layers</b>					
One again synthetic or wool is the best option. The lower layers should be able to fit comfortably over each other so they can be worn at the same time during cold spells.					
<b>Equipment</b>	<b>No.</b>	<b>Description</b>	<b>Comments</b>	<b>Have</b>	<b>Need</b>
Mid-weight bottoms	1	Light or mid-weight long underwear bottoms made of poly-pro, capilene or wool.			
Nylon Pants	1	Quick drying, loose fitting, nylon athletic. No cotton please.	A pair of schoeller fabric pants work well if you have them. Optional		
Rain Pants	1 Opt.	Lightweight coated nylon or breathable fabrics. If already own bring them, no need to buy.	OPTIONAL		
Nylon Shorts	1	Quick drying, loose fitting, nylon athletic. No cotton please.			
Underwear	2-3	Men can use a nylon short with a liner in it. For women synthetic or silk underwear with a cotton liner works well.			

<b>Head, Neck &amp; Hand Layers</b>					
Not sure what to bring. Pack a variety and our instructors will assist. Also you can contact one of our preferred retailers for advice.					
<b>Equipment</b>	<b>No.</b>	<b>Description</b>	<b>Comments</b>	<b>Have</b>	<b>Need</b>
Warm Hat	1	Wool or Fleece hat.	A toque.		
Sun Hat	1	Baseball cap or hat with a brim.			
Sunglasses	1	Lenses should be dark and block UV and infrared light.			
Sunglass Retainer	1 Opt.	Chums or Croakies to keep track of your glasses.	OPTIONAL , A good idea.		
Wool or Fleece Gloves or Mittens	1	Either choice is appropriate.			
Mosquito Head Net	1 Opt.	Should fit over a baseball cap and cover the neck.	OPTIONAL		

<b>Footwear</b>					
Good foot wear is critical to your enjoyment. This is one of the most important pieces of equipment. happy feet = happy hiker					
<b>Equipment</b>	<b>No.</b>	<b>Description</b>	<b>Comments</b>	<b>Have</b>	<b>Need</b>
Liner Socks	2 Opt.	Optional: Lightweight wool, polypropylene or capilene socks to wear under your hiking socks	OPTIONAL		
Wool or Polypro Socks	4	Wool or wool/synthetic blends hiking socks.			
Gaiters	1	Must be knee high and durable.			
Hiking Boots	1	A pair of sturdy leather backpacking boots w/ good ankle support & proper fit is critical for hiking on uneven terrain with heavy packs.	A good boot & good fit is key to an enjoyable trip.		
Camp Shoes	1	A lightweight running shoe, sandals or cros.	OPTIONAL		
Commercial Insoles	1 Opt.	They provide arch support & stabilize your feet. Best to have them fit with your boots.	OPTIONAL		

<b>Packs &amp; Bags</b>					
<b>Equipment</b>	<b>No.</b>	<b>Description</b>	<b>Comments</b>	<b>Have</b>	<b>Need</b>
Small Stuff Sack	2-3 Opt.	Used for organizing items in your pack. Mesh or nylon.	OPTIONAL		
Compression Sack	1 Opt.	Used to compress your sleeping bag.	OPTIONAL		
Internal Frame Backpack	1	You will need a solid pack, no external frame packs. These packs should be around 60 to 80 litres. 3600 to 5000 cu in.			
Trash Bags	2-3	Compactor bags are sturdier than other garbage bags & are used for waterproofing gear.			
Zip-lock bags	2-3	Can be handy for smaller items.	OPTIONAL		

<b>Sleeping Gear</b>					
<b>Equipment</b>	<b>No.</b>	<b>Description</b>	<b>Comments</b>	<b>Have</b>	<b>Need</b>
Sleeping Bag	1	A synthetic-filled sleeping bag, which are durable and perform better in rainy weather. Should weigh around 3 - 5 pounds and be rated around 0° to -12° Celsius.			
Compression Stuff Sack	1	A sleeping back stuff sack with straps attached to compress contents.			
Sleeping Pad		A full length closed cell foam or self inflating sleeping mat (aka Themarest).	Themarest or similar is highly recommended.		

<b>Eating Systems</b>					
<b>Equipment</b>	<b>No.</b>	<b>Description</b>	<b>Comments</b>	<b>Have</b>	<b>Need</b>
Insulated Mug	1	A lightweight one is best (with a lid). Or a ½ litre Nalgene or stainless bottle works well.			
Bowl	1	A durable Lexan or Tupperwear bowl with a lid.			
Spoon	1	Lexan spoons are light and durable.			
Water bottle	1	Wide mouth 1 litre size. There are many options including a Platypus bottle or stainless bottles.	Note: A camel back is optional but a water bottle is required.		

<b>Miscellaneous Items</b>					
This is where the weight can add up. Keep to small lightweight items. Travel size toothpaste and containers are enough.					
<b>Equipment</b>	<b>No.</b>	<b>Description</b>	<b>Comments</b>	<b>Have</b>	<b>Need</b>
Lip Balm	1	Must have SPF 15 or greater.			
Sunscreen	1	Small bottle of SPF 30 or greater recommended.			
Bandana	1-2	Handy for protecting your neck ears and other uses.			
Headlamp & Batteries	1	Lightweight and durable.			
Batteries	1	A spare set for head lamp.			
Notebook & Pen	1	A small lightweight notebook. and pen or pencil			

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Toiletries		Keep to a MINIMUM. Prescription medication, toothbrush, small tube of toothpaste, floss, tampons or pads, comb.	NO SOAP, DEODOURANT OR SHAMPOO. NO TOWELS		
Hand Sanitizer	1 Opt.	OPTIONAL	SOAP IS PROVIDED		
Insect repellent	1	Small bottle, no aerosol cans.			
Watch with alarm	1	A waterproof watch.			
Pocket Knife	1	Small pocket knife, Swiss Army or similar.			
Camera	1 Opt.	A small padded case is recommended.	OPTIONAL		
Book	1 Opt.	A small paperback.	OPTIONAL		
Trekking Poles	1 Opt.	If you like to use poles for hiking. They should be telescopic for easy packing.	OPTIONAL		
Thermarest Patch Kit	1 Opt.	Only if bringing a thermarest.	OPTIONAL		
Glasses or contacts (plus spare)	1 Opt.	If you wear glasses or contact lenses you will need to bring a back up pair. Or bring prescription glasses as a back-up.	OPTIONAL		
Camp Chair	1 Opt.	Lightweight 'crazy creek' style.	OPTIONAL		
Vitamins	1 Opt.	A small quantity of multi-vitamins or any supplements taken daily. Pack in a small separate container.	OPTIONAL		