HIKING TRIP: PERSONAL GEAR LIST

Heading on a hiking trip? Congratulations! To make sure you're ready for the woods, please read this list of recommended personal gear. CIM will bring all of the communal gear - tents, cooking equipment, etc. - this list is of everything we'll expect you to bring along.

Weather can be unpredictable but and quick to change. Be prepared for all weather at all times. Don't forget to consider what you'll be wearing on the day you head out! That counts as an outfit.

Keep in mind, most people bring WAY too much gear. When packing for a hiking trip, we want to ensure that we have everything we need, but try to pack as light as possible, what YOU bring, YOU carry.

You need less than you think you do — GUARANTEED!

CAMP CLOTHING

- 3-4 pairs wool/synthetic socks
- 1-2 sock liners (thin under socks that help to reduce friction and blisters - optional)
- 1 base layer (top and bottom - NO COTTON)
- 3-4 underwear (quick-dry, wicking)
- Long pants (1 pair, quick-dry or synthetic fibre)
- 2 t-shirts or tanks
- Light-weight fleece/wool sweater (1)
- Long-sleeve shirt (1)
- Down/synthetic insulated vest or jacket (1)
- Shorts (1 pair)
- Small towel (optional - quick-dry)
- Rain gear (jacket and pants)
- Brimmed hat
- Gloves/mitts and a toque

SHOES/FOOTWEAR

- Hiking boots (sturdy, well-fitting, comfortable, worked in)
- Light camp shoes/sandals (for airing feet out at night)

TOILETRIES

- Biodegradable soap
- Toothbrush/soap
- Sunscreen
- Eye glasses/contact lens supplies (if needed)

CAMPING EQUIPMENT

- Hiking pack (60-85L, well-fitted and comfortable)
- Hiking pack rain cover
- Sleeping bag (as small as possible - consider borrowing if yours is large)
- Sleeping pad (as small/light as possible)

OTHER

- Hiking poles
- Headlamp/flashlight
- Wide-mouth 1L water bottle OR backpack bladder
- Sunglasses
- Gaiters (optional)

DIABETES SUPPLIES/MEDS

- All meds you need in waterproof containers
- Insulin and supplies - enough to last 10 days
- Glucose meter/CGM and testing supplies
- Glucagon kit (if you have one)

OPTIONAL

- Camera
- Small power bank (for CGM receivers, rechargeable pumps)
- Bandana
- Earplugs

Remember - camping is about living with less! You'll be surprised about how little you need to be happy and healthy on the trail. If you have any questions about your gear needs, or would like to inquire about borrowing any gear from CIM, get in touch with Adventure Coordinator, Stephi (stephi@connectedinmotion.ca)