

ROCKY MOUNTAIN TRIP EQUIPMENT LIST

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|--------------------------|----------------------------|--------------------------|------------------------------------|
| <input type="checkbox"/> | Day Pack (20-30 litres) | <input type="checkbox"/> | Hiking Socks (synthetic or wool) |
| <input type="checkbox"/> | Sleeping Bag | <input type="checkbox"/> | Slippers |
| <input type="checkbox"/> | Pillow | <input type="checkbox"/> | Liner Socks - polypro (optional) |
| <input type="checkbox"/> | Hiking Boots | <input type="checkbox"/> | Socks (regular) |
| <input type="checkbox"/> | Runners | <input type="checkbox"/> | Towels / face cloth |
| <input type="checkbox"/> | Water Bottles (2 x 1litre) | <input type="checkbox"/> | Swimsuit |
| <input type="checkbox"/> | Mitts or Gloves | <input type="checkbox"/> | Toilet Paper (1 roll in a ziplock) |
| <input type="checkbox"/> | Toque | <input type="checkbox"/> | Garbage Bag (2 large) |
| <input type="checkbox"/> | Hat or Cap | <input type="checkbox"/> | Whistle |
| <input type="checkbox"/> | Rain Gear | <input type="checkbox"/> | Toothbrush / Toothpaste |
| <input type="checkbox"/> | Light Jacket | <input type="checkbox"/> | Shampoo |
| <input type="checkbox"/> | Wind Pants | <input type="checkbox"/> | Soap (hand) |
| <input type="checkbox"/> | Fleece Jacket or Shirt | <input type="checkbox"/> | Sunscreen / Lip balm |
| <input type="checkbox"/> | Sweats | <input type="checkbox"/> | Sunglasses |
| <input type="checkbox"/> | Sweat shirt /Long sleeve | <input type="checkbox"/> | Miscellaneous Toiletries |
| <input type="checkbox"/> | T-shirts | <input type="checkbox"/> | Camera |
| <input type="checkbox"/> | Shorts | <input type="checkbox"/> | Medications (if required) |
| <input type="checkbox"/> | Lunch Bag | <input type="checkbox"/> | Blister Treatment Pack |
| <input type="checkbox"/> | Pyjamas | <input type="checkbox"/> | Hand Sanitizer |
| | | <input type="checkbox"/> | Body Glide Stick |