2015 West Coast Trail Gear and Food Guide:

**Clothes:**

 Please do not bring cotton clothes, sock or underwear.

1.\_\_\_ 3 pairs of wool/synthetic socks

2.\_\_\_wool/fleece gloves

3.\_\_\_bandana

4.\_\_\_ hiking pants(synthetic/nylon)

5.\_\_\_ 3 undergarments(synthetic)

6.\_\_\_ 1 or two pairs of hiking shorts (synthetic)

7.\_\_\_ base layer top and bottoms (merino wool/synthetic/ underarmour type)

8.\_\_\_ 2 short sleeved athletic shirts

9.\_\_\_ Jacket(light weight fleece)

10.\_\_\_ Lightweight Rain jacket (waterproof) Test under hose in Yard

11.\_\_\_ Lightweight Rain poncho( extremely important)

12.\_\_\_ LightweightRain Paints

13.\_\_\_ Hiking Boot (must be over the ankle)

14.\_\_\_ Camp shoes (crocks, sandals for paddling)

15.\_\_\_Toque (fleece/wool)

16.\_\_\_Hat

**Camping Gear and Accessories**

1.\_\_\_**backpack (supplied)**

2.\_\_\_pack cover( supplied or use orange garbage bags)

3.\_\_\_ **tent (waterproof) supplied and ground sheet**

Camping Gear and Accessories Continued……………..

4.\_\_\_small lightweight sleeping bag

5.\_\_\_small backpacking sleeping pad(lightweight foam or inflatable)

6.\_\_\_**cooking stove and pot set (supplied)**

7.\_\_\_ **fuel (supplied)**

8.\_\_\_ very small flashlight or headlamp or both

9.\_\_\_extra batteries

10.\_\_\_watch (wrist you will need as your phones battery will die)

11.\_\_\_camera or phone

12.\_\_\_map supplied by Mr. C.

13.\_\_\_knife(swiss army or multitool)

14.\_\_\_insect repellent(deet)

15.\_\_\_ sunscreen(small amount)

16.\_\_\_sunglasses(neck strap)

17.\_\_\_Personal First Aid Kit(vasoline, blister kit, band-aids,ibuprofen etc)(personal meds)

18.\_\_\_Biodegradable Soap (green for dishes and yourself)

19.\_\_\_toothbrush,floss and toothpaste

20.\_\_\_wash-cloth(personal) Quickdry

21.\_\_\_ 2 Towels very small (quick dry) one for dishes one for yourself

22.\_\_\_Toilet paper(ziploc)(1 roll)

23.\_\_\_Lighter(matches)(Waterproof bag-ziploc)

24.\_\_\_duct tape(small amount)

25.\_\_\_pencil and journal or phone

26.\_\_\_plate or bowl(lightweight plastic)

27.\_\_\_fork/spoon

28. \_\_spatula/flipper

29.\_\_\_2 water bottles(Nalgene,Lightweight)

30.\_\_\_ Purification tablets or purification pumps (supplied)

31.\_\_\_mug(insulated)

32.\_\_\_ scouring pad or cleaning sponge

33.\_\_\_ orange extra strong garbage bags..(4 or 5)

34.\_\_\_ziploc bags (varied sizes) Helps waterproof gear

34.\_\_\_tarp( for under and over tent. (One per person)

35.\_\_\_Paper Towel(small amount)

36.\_\_\_ Whistle

37.\_\_\_ Variety of stuff sacks to organize gear.

38\_\_\_ Lightweight rope/cord for hanging food/tarps

39.\_\_\_Small amount of spending money for ferry rides and food at Chez Moniques.

40. \_\_Water purification tablets-or pump(**Supplied-Limited amoun**t)

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**Food List and Preparation:**

1.Students will be provided with stoves and pot sets and will be cooking their own food with their partner.

2.Non-perishable foods or dehydrated foods are really only the safe foods to take along if you are unsure about spoilage please check with Mr. Crocker.

3. All food and even clothes needs to be packed in small or large ziploc bags so that it cannot either get wet or explode during rough treatment.

4. Please remove all excess packaging and repackage in ziploc with instructions.

5. Do not bring cans or excessive junk food such as pop,chips etc.. Healthy eating is necessary to fuel your body for the intense activity.

**Examples of a few types of foods are provided below.**

**Breakast**-Oatmeal, Bagels(peanut butter and jam),Hot Chocolate, Cold Cereals,Powdered Milk, Breakfast Bars, Pancake Mix, Granola

**Snacks**- Trail mix, energy bars, jerky,pepperoni, dried fruit,pepperoni

**Lunch**- Bagels, Summer Sausage, Pepperoni, Cheese(AGED), Small Canned Tuna

**Dinner-** Lipton/Knorr Pasta and Sauce, instant potatoes, Kraft Dinner, Rice, Summer Sausage, Dried soups, Pre-cooked bacon..

**Pre-packaged** dehyrated meals are also available at Outdoor Stores..

Use this guide to help you prepare:

<http://www.mec.ca/AST/contentprimary/learn/hikingandcamping/foodandwater/backcountrycooking.jsp>