

PACKING LIST

HIKING DAY TRIPS



CROSSING
the **DIVIDE**
backcountry adventure for youth

Feet

- 1 pair of hiking boots or sturdy shoes for hiking
- CTD can provide hiking boots. Let us know in advanced what sizes are needed

Lower Body

- Please dress according to the weather on the day of your trip. Either shorts or long pants. Denim jeans are not recommended for hiking. Swim suit if swimming
- Rain pants if needed (Provided by CTD)

Upper Body

- Please dress according to the weather on the day of your trip. T-shirts or long sleeve shirts
- Rainjackets if needed (Provided by CTD)
- Warm fleece layer if needed (Provided by CTD)

Head

- A hat that provides sun protection
- Beanie or toque if weather permits

Personal

- Sunglasses
- Lip Balm
- Sunscreen (CTD can provide this)
- Feminine hygiene products (we carry a very limited stock of these in first aid kits)
- Personal Medication (a safe, dry place will be provided for this throughout the day)
- Hiking backpacks (20L) will be provided for each participant on the trip if required

Optional

- Camera
- Journal and pen/pencil
- Small quick-dry towel if planning on swimming
- Phones and similar electronics are allowed but their use may be limited or restricted if participants aren't engaging in group activities or for safety reasons. Participants are responsible for any damage (including water damage) that happens to electronics on trips.

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CONT.



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Group Gear (Provided by CTD)

- Stove, pots, and other cooking utensils if needed
- Bowls, plates, cutlery, cups, and eating utensils if needed
- Water including filtration systems if needed
- Water bottles
- First aid kit
- Bear spray
- Emergency satellite communication
- Toilet paper and latrine kit
- All necessary safety equipment
- All food and snacks for the entire day

Please Consider:

If there are allergies on the trip please let us know. You may want to bring a supply of your own snacks if this is the case.

IMPORTANT:

Alcohol, illegal drugs (including cannabis), weapons (including small pocket knives) are not allowed on Crossing the Divide Trips. Participants that bring these will not be permitted to participate. If they are found with these during the trip, they will be removed from the trip as soon as the guides deem it is safe to do so. Participants found with prohibited items risk ending the entire trip for everybody involved, depending on logistics and remaining participants. These decisions will be made by the guides who will have full discretion in the matter. Tobacco products are highly discouraged. If participants bring cigarettes or other tobacco products, they will be responsible for packing out butts and empty packs and must adhere to all guide instructions regarding fire safety.