

JU-SI ADVENTURES



January 2018

Thru-Hiking-Gear Check List

Food prep:

Items:

- 1 Spoon, cup or 1 spill-proof plastic container per person
- Cache cloth sacks, bear boxes or buckets with locking lids for food safety storage against animals
- Wood burning stove, or ultra-light stove with fuel, fuel container
- 1 L Cooking pot and lid, handle, lighter and/or matches



Water:

Items:

- 1 camel back (3L)
- Water purification (we use Aquamira drops or the MSR Hyperflow (water filter)
- 5L water bladder - optional (dromedary water bag)
- Pliers for water taps (taps found at stores and gas stations)



Water Drops



Water Filter & Dromedary Bag

Food:

You will need to eat a lot of food (3,500-5,500Cal/day). Consider dehydrated foods as they are less heavy than fresh. 1.5-2lbs (0.75-1Kg) per day per person is a good general calculation. Types of foods we use are described in the Food Consideration section.

Items:

- Ziploc bags for trash and/or food storage
- 1 Multi tool/knife

Cache:

Cache (regular items):

- Food supplies and snacks for the passage between the communities
- Wipes for personal cleaning (optional)
- Ziploc bags (for food and personal garbage)
- Maps and spread-sheets for passages
- Permits for parks
- Extra water for Wilderness areas

Cache (supplementary):

- Toilet paper
- Tooth paste and tooth brush (travel size)
- Sunscreen, lip balm
- Bug repellent
- Batteries for head lamps, GPS and/or Spot
- Water purification drops
- Biodegradable camp soap
- Extra vitamins, medications, prescriptions
- Camping supplies (fuel, new gear...)

Hygiene:

Items:

- Bandanna/ hand-kerchief/muff (optional)
- Baby wipes for cleaning without water (optional)
- Nail clippers, tweezers, scissors
- Tooth paste, tooth brush
- Sun screen, lip sunscreen, bug repellent
- Toilet paper, garbage bag (for used TP and personal trash)
- Biodegradable camp soap
- Cooling towel (optional, but great in high heat)
- Camp towel
- Trowel for digging hole for feces (optional)

ID:

- Wallet: passport, driver's license, credit card, debit card
- Medical travel insurance, Provincial Medical Insurance card
- Cash



*Wilderness Cache Containers
(GPS Location Saved)*

First aid kit:

Items:

- Various bandages, gauze and tape
- Alcohol swabs, antibacterial cream
- Visine, Vaseline
- Compression bandage, butterfly strips
- Duct tape (Wrap it on a hiking pole)
- Tylenol, antihistamine...
- Prescription meds?
- Bug bite stick, sharpie pen (can mark snake bites, or infection site)
- Oil of peppermint (for ticks)
- Bear or pepper spray?
- Whistle, reflector mirror
- Spot, batteries (GPS emergency locator)
- GPS, batteries (downloaded map for area)



Small First Aid Kit



Medium First Aid Kit



Large First Aid Kit

Camping:

Items:

- Tent with fly and poles, pegs or tarp, and tent pegs
- Sleeping mats and sleeping bags (winter/summer or silk liner)
- Back pack 60-80 L/ Wheelie
- Rain covers, stuff bags/compression sacks (water proof) or large garbage bags
- Head lamps, batteries
- Walking poles
- Cards, diary, pen (optional)
- Phones, recharging cables, and battery packs (optional)
- Camera and/or computer with recharging cables (optional)
- Permits for parks & camping
- Compass, GPS, maps and trail description (App),
- Spot with batteries (optional but useful on wilderness walks)
- Spreadsheet: water locations, cache locations, communities
- Duct tape, Multi tool, Alan key, lube for Wheelie



The Wheelie

Clothing: (per person)

Items:

- Sun hat, warm hat
- Mosquito netting face shield (optional)
- Good sunglasses, reading glasses, prescription glasses?
- Protective gloves, light fleece gloves, winter mittens (colder months)
- Warm/puffy jacket and fleece sweater, puffy vest (optional)
- Wind breaker/rain slicker, gore jacket or poncho
- 2 Wick away tops or long sleeve shirts
- 2-3 undies, 2 bras and 2 pair socks
- 2 pants, shorts or skirts
- Winter/rain over pants (colder months)
- Leggings, warm socks/slippers (for cool night-time)
- Sturdy hiking shoes/boots or runners and flip-flops
- Gaiters (short or long) (optional)
- Snow shoes, cross-country skis (for winter)

References:

<http://www.darwinonthetrail.com/>

