

PARKS CANADA PROVIDES FOR YOUR USE:

- Accommodation in prospector or mountaineering tents
- Sleeping pad (e.g. Thermarest)
- Treated drinking water
- Bear deterrents
- Field guides (flowers, plants, birds)
- Hiking poles
- Flush toilets with toilet paper supplied
- Camping stove, fuel, pots, bowls, cups, plates, cutlery, and a coffee percolator
- Outdoor cooking facilities including bear-safe storage, garbage and water disposal
- Dish soap, wash basin, cloths, scrubbies
- Earplugs (in case of snoring or enthusiastic willow ptarmigan)

CATERED TRIPS:

Include breakfast, lunch, dinner, non-alcoholic beverages and snacks.

Catered visitors are welcome to bring personal food and beverages, as long as they fall within luggage weight limits and are kept in the bear-safe storage.

Catered visitors can bring up to 35 lbs/16 kg of luggage per person.

SELF-CATERED TRIPS:

You bring all your meals, beverages and snacks (dehydrated and high energy food is best).

Self-catered visitors can bring up to 55 lbs/25 kg of luggage per person.

YOU SHOULD BRING:

- Duffle bag or back-pack to carry your gear
- Small daypack for hikes
- Sturdy hiking footwear with good ankle support
- Light shoes or sandals for camp, creek crossings
- Sleeping bag rated to -5 or -10 (a sheet liner adds warmth on cold nights and comfort on hot nights)
- Water container to carry on hikes
- Your favourite travel mug
- Light, weather-proof (eg. GoreTex) jacket and pants for wind and precipitation
- Warm middle layer (eg. fleece) for top and bottom
- Merino wool or synthetic base layer for top and bottom (ie. long underwear)
- Underwear (remember what Mom always said)
- Comfortable hiking socks for each day
- Warm hat and gloves/mitts
- Sunhat, sunscreen & chapstick
- Bug jacket and/or repellent
- Small personal first aid kit
- Personal toiletries and medications
- Bathing suit
- Sleep mask (if midnight sun will disturb your sleep)
- Other equipment such as binoculars, camera, fishing rod, GPS, etc.

PLEASE NOTE THAT EXCESSIVE ALCOHOL CONSUMPTION IS NOT APPROPRIATE IN THIS REMOTE SETTING, FOR REASONS OF SAFETY AND THE ENJOYMENT OF OTHERS.