

IPS Garibaldi 07 Equipment List

The Garibaldi trip begins with an orientation and packing day at Island Pacific School on Tuesday, September 4, 2007. **You will need to bring a bag lunch to school that day.** The students leave for their hikes on Wednesday, September 5, 2007.

But, what to bring on the actual hiking trip? If you bring everything on this list—and nothing else—you will be well-prepared, safe and comfortable on the expedition. Staff and volunteers will check your gear Tuesday morning but the important rule is not to bring anything you do not absolutely need and to be sure you bring those things you absolutely do need. Remember, you will be hauling everything on their backs during your hike. Note that CD/MP3 players, computer games and portable radios, knives, axes and matches are **not allowed** on the trip.

Pack clothes into two garbage bags, one inside the other, and bring all gear to the school on Tuesday, September 4 in a duffel bag or something similar that can be left at the school. On Tuesday we will show you how to repack gear in a backpack provided by the school. When you return to IPS on Friday afternoon, you will unpack and take your personal gear home again in your duffel.

Packing List

Please label everything; we have more than 60 people on this trip and it can be hard to tell things apart.

- **a bag lunch for Wednesday afternoon**
- warm sleeping bag rated to at least 0 degrees Celsius, packed in a small stuff sack lined with 2 garbage bags to keep it dry. Synthetic-fill sleeping bags are better on the West Coast because they still keep you warm when wet.
- waterproof jacket and pants. Windbreakers do not work; if it rains you must keep dry.
- 1 pair of warm pants, fleece pants are best. No jeans or other cotton pants.
- hiking shorts.
- t-shirt.
- light-weight, lace-up, high-cut hiking boots. Be sure to break in new boots by walking around in them for a few days **before** the expedition. You will not be allowed to hike if you don't have hiking boots.
- running shoes. You may NOT hike in running shoes, but they are nice to wear around the campsite. DO NOT bring TEVAs, flip flops or any other open-toed shoes.
- bandana.
- sun hat.
- 1 pair of light socks.
- 2 pairs of wool socks.
- 2 sets of underwear.
- 1 only medium weight long-sleeved shirt or turtleneck.
- 1 fleece or wool jacket. No cotton hoodies.
- 1 only wool or fleece hat.
- 1 bathing suit.
- 1 small towel.
- 1 pair of sunglasses.

- 1 small container of insect repellent.
- 1 small container of sunscreen.
- 1 small flashlight or climber's headlamp.
- 1 small toiletries kit, including toothbrush and toothpaste.
- 1 cup, 1 bowl, 1 spoon.

What to Wear When You Come to School Wednesday, Sep. 5.

Draw from the gear on your packing list when choosing your clothing—don't bring an extra set of clothes. Because you pack your gear Tuesday, but don't leave until Wednesday, you will have to make an educated guess as to what will be best for the weather. We recommend the following:

- underwear.
- hiking shorts or warm pants.
- t-shirt or warm shirt.
- socks. The most comfortable arrangement is a thin pair of wicking socks worn under thick wool socks.
- hiking boots. You must wear these Tuesday morning.
- bandana in your pocket. This is good for cooling off if the weather gets hot.
- sun hat kept handy.

IPS Provides

- backpacks. You must use one of the school's backpack, no exceptions.
- tents.
- sleeping pads
- stuff sacks for clothes, but not for sleeping bags
- cook stoves and fuel
- water bottles
- first aid kits
- all food, **except your bag lunch on Wednesday**

Some Important Notes

We always want and often find good weather in this trip, but Garibaldi Park is a mountain wilderness and the weather there can be unpredictable and severe. The nights can be cold and even in high summer the lakes seldom warm up beyond 10 degrees. In the past, the grade eight and nine students have run into snow at the Garibaldi Lake campsite. To be safe and comfortable, you must head out on this trip with the proper clothing and gear.

Footwear. Hiking boots are mandatory. We will not let you hike in runners or board shoes. Hiking boots stabilize the foot when hiking over uneven terrain and they keep your feet warm, especially should we find ourselves moving through a patch of snow. However, you should bring a lighter pair of shoes, such as runners, to wear around the campsite. As noted above, open-toed shoes are not permitted.

Fleece. Fleece is ideal for hiking because it will keep you warm when it gets wet. Wool is a good alternative. DO NOT bring jeans or other cotton pants. They are uncomfortable when hiking and will not keep you warm should they get wet. Cotton hoodies are not suitable.

Sleeping Pads. The sleeping pad does two things: it makes a relatively soft bed and, more importantly, it insulates your body against the cold ground. Everyone must use a sleeping pad. These are provided by the school.

Bears. You will be moving through bear country. Bears have a keen sense of smell so do not bring along anything that will catch their interest such as candy, drinker boxes, or scented products such as deodorant or shampoo. When you set up camp, your group leaders will go around to your tents and gather up things such as toothpaste, snacks and food wrappers and stow these in the expedition vehicles or in the campsite's bear hangs.