



CALLAGHAN COUNTRY

Routes of wilderness

Summer Clothing

- Sturdy and comfortable hiking boots, preferably water proof / resistant, with a good lug sole and good ankle support (please note that running shoes – even trail runners – are not suitable footwear for backcountry environments)
- Gaitors to wear in conjunction with hiking boots to keep rain, dirt, twigs, etc. out
- Wool and / or synthetic socks. Choose lightweight socks that can wick moisture
- Base layer (top & bottoms) – synthetic or silk, especially for early summer and autumn
- Long-sleeve, lightweight breathable shirts that wick moisture
- Sturdy but lightweight pants that are quick to dry (these are preferable to shorts because they protect your skin from the sun, underbrush, and insects!)
- Mid-insulation layer, top – fleece / synthetic fill sweater
- Mid-insulation layer, bottoms – fleece or multi-purpose pants
- Light wind shell – windproof, water resistant layer for high aerobic work
- Weather layer (rainwear) top – Gore-Tex or other waterproof breathable jacket
- Weather layer (rainwear) pants – Gore-Tex or other waterproof breathable pants
- Toque (winter hat) – wool, fleece or synthetic
- Brimmed cap – preferably synthetic and water resistant
- Light gloves – wool, synthetic or leather

Remember, in an alpine environment, the weather can change with little notice. It is always best to be prepared!

Personal Equipment

Daypack (should be reasonably waterproof and big enough for extra clothes, water, food, personal equipment and first aid kit), sunglasses, sunscreen (SPF 30 is recommended), insect repellent, head lamp and spare batteries, water bottles or other hydration system, camera & film, emergency whistle, lighter or waterproof matches, survival candle

Personal Repair Kit

duct tape, length of nylon string, pocket knife (preferably with locking blade), waterproofing for boots

Personal First Aid Kit

Medical tape, band-aids, tensor bandages, sunscreen, lip balm, safety pins, personal medications, blister prevention, anti inflammatory, antihistamines, survival blanket

Recommended

Topographical map (Brandywine Falls 92/J3 Scale 1:50,000), compass, analog cell phone (coverage may not be available in all areas or weather conditions), hiking poles or staff, binoculars

