



CROSSING
the **DIVIDE**
backcountry adventure for youth

PACKING LIST

HIKING/BACKPACKING TRIP

Feet

- 1 pair of hiking boots or sturdy shoes for hiking with a backpack on
- 1 pair of sandals or comfortable shoes for evenings and at camp
- 1 pair of socks for each day of the trip
- CTD can provide hiking boots. Let us know in advanced what sizes are needed

Lower Body

- 1 pair of underwear for each day of the trip
- 1 pair of long underwear for evenings if cold weather is in the forecast
- 1 pair of shorts and 1 bathing suit. Non-cotton is preferred
- 1 pair of long pants. Non-cotton is preferred
- Rain pants (CTD can provide these)

Upper Body

- 1 long sleeve shirt. Non-cotton is preferred
- 2 short sleeve t-shirts. Non-cotton is preferred
- 1 lightweight jacket. Non-cotton is preferred (CTD can provide these)
- 1 Rainjacket (CTD can provide these)
- Light gloves for evenings

Head

- A hat that provides sun protection
- Beanie or toque for evenings

Personal

- Flashlight (CTD can provide these)
- Small travel pillow. DO NOT bring a full-sized pillow as it will be left in vehicles.
- A stuff sack (provided) can be used to substitute a pillow on backpacking trips
- Sunglasses
- Lip Balm
- Toothbrush and toothpaste
- 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 trip)
- Hiking backpacks (50L) will be provided for each participant on the trip

Please Consider

For hiking trips, it is really nice to have a separate change of clothes that you wear while hiking each day and a separate change of clothes that you wear in the evenings at camp. Give this some thought when planning your packing list

PACKING LIST

CONT.



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Optional

- Camera
- Journal and pen/pencil
- Small quick-dry towel if planning on swimming
- Book for evening time
- 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.

Group Gear (Provided by CTD)

- Tents
- Sleeping bags, including sleeping bag liners
- Sleeping pad
- Stove, pots, and other cooking utensils
- Bowls, plates, cutlery, cups, and eating utensils
- 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 trip

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. For hiking/backpacking trips, everything that we bring needs to be carried on our backs so please think about this while packing. If an item is not needed or deemed to be important, the guides will ask that it be left behind in the vehicles.

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.