

Cedar and Canvas Adventures

Personal List for Backpacking

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|--|--|
| <input type="checkbox"/> internal or external frame backpack | <input type="checkbox"/> prescribed medications |
| <input type="checkbox"/> pack cover | <input type="checkbox"/> sunglasses |
| <input type="checkbox"/> sleeping bag (3 season) | <input type="checkbox"/> journal and pencil |
| <input type="checkbox"/> raingear | <input type="checkbox"/> binoculars |
| <input type="checkbox"/> 1 pr pants | <input type="checkbox"/> pack towel |
| <input type="checkbox"/> 1 pr long underwear | <input type="checkbox"/> toothbrush/paste |
| <input type="checkbox"/> 1 long sleeve shirt | <input type="checkbox"/> lip cream |
| <input type="checkbox"/> 1 long sleeve undershirt | <input type="checkbox"/> soap |
| <input type="checkbox"/> 3 pr heavy socks | <input type="checkbox"/> sunscreen |
| <input type="checkbox"/> 3 pr underwear | <input type="checkbox"/> extra buckles/pins for pack |
| <input type="checkbox"/> 1 cotton t-shirt & short pants | <input type="checkbox"/> bandaids |
| <input type="checkbox"/> wool/synthetic balaclava or toque | <input type="checkbox"/> moleskin |
| <input type="checkbox"/> cap | <input type="checkbox"/> camera w/extra film |
| <input type="checkbox"/> fleece or wool jacket and vest | <input type="checkbox"/> 2 – 10' pcs. nylon cord |
| <input type="checkbox"/> 2 pr gloves - leather and wool/fleece | <input type="checkbox"/> matches/lighters |
| <input type="checkbox"/> 1 cotton kerchief | <input type="checkbox"/> candle stub |
| <input type="checkbox"/> belt | <input type="checkbox"/> bug dope and/or bugshirt |
| <input type="checkbox"/> 1 liter water bottle | <input type="checkbox"/> flashlight or headlamp |
| <input type="checkbox"/> extra pr boot laces | <input type="checkbox"/> leatherman or pocket knife |
| <input type="checkbox"/> compass w/mirror | <input type="checkbox"/> gum |
| <input type="checkbox"/> walking stick (optional) | <input type="checkbox"/> backpack boots and camp shoes |

Backpack trips with Cedar and Canvas Adventures take you into remote alpine areas. The environment above tree line can be varied – hot, sunny days in the mid-to-high 20s Celsius; high winds; rain; freezing temperatures and snow. To meet the challenges of unpredictable weather conditions, the backpacker must be prepared with the correct clothing.

Remember: a wicking layer, an insulating layer and a weatherproof layer.

For a **wicking layer** (undergarments), there are many choices of synthetics now available that offer good warmth while “wicking” your perspiration to the outer layers, keeping your body dry and comfortable. Wool is also an excellent option if it doesn’t give you the “scratches”, but realize that wool does not “wick” like the synthetics. However, wool when wet retains most of its insulating value unlike other fabrics.

The **insulating layer** should be synthetic materials or wool for maximum warmth. The quality of both products varies significantly, so choose wisely. Down is also an option; highly insulative, light and compressible, but no insulation value when wet.

The **weatherproof layer** (raingear), like the siding on a house, keeps the foul weather outside. Gore-tex is preferable for it does breathe somewhat and is light to carry. Boots

should be waterproof. A cap is a necessity to protect the face from sun and precipitation. Wool gloves/mitts are highly desirable because they are warm even if wet.

It is important to note the list above includes the clothes you are wearing. It is not necessary and in fact impractical, to carry “a change of clothes” if the clothes you wear are dependable. The only changes you require are socks and under garments.

NOTE: Cotton or cotton blend clothing should NOT be chosen for your 3-layer system. Cotton is absorbent, dries very slowly and can contribute significantly to your personal discomfort, perhaps even leading to hypothermia. The only cotton materials CCA recommends is your t-shirt, short pants, kerchief and pack towel.

Boots should be waterproofed and broken in prior to the trip. Full grain leather boots with a Vibram sole and good ankle support offer the best protection and should be considered. Running shoes/light hikers are not an option. Camp slippers (river rats, aqua socks, etc.) are a real good idea for camp.

A backpack trip is very different from a day hike. On the days we travel with a full camp, expect to carry your own gear (personal list, tent, Thermarest, sleeping bag) and a share of the food for a total pack weight of 20-25 kgs. CCA advises you pack your outfit and weigh it, taking into account the tent and Thermarest provided by CCA (about 4 kg). This might be a shared weight if you have a tenting partner. We also recommend some preliminary hiking prior to the trip to introduce your legs, lungs, feet and shoulders to the weight of your pack and to make any pack adjustments you might require. Try to keep your pack as light as possible (i.e. travel size toothpaste, compact camera, mini-flashlight, etc.) without compromising your personal comfort and safety.

Backpacking is the essence of pure freedom and can be enjoyed completely if one is prepared.