

Expedition Individual Kit List

Personal Clothing

	4 x Wool socks
	2 x underwear
	2 x long underwear (tops and bottoms)
	2 x hiking pants (jeans are not acceptable)
	3 x t-shirt (prefer non cotton, synthetic is best)
	1 x water proof cold weather jacket with hood(fleece liner, insulating layer)
	1 x scarf
	1 x inner gloves (wool or fleece)
	1 x outer gloves (water proof preferred)
	1 x sweater
	1 x toque (wool or thick synthetic)
	1 x sunglasses
	1 x hiking boots

Hygiene Kit

	Toothbrush and paste
	Deodorant/antiperspirant
	Face cloth
	Hand towel

Personal Kit

	Flashlight / Headlamp
	Water bottle / Camel pack
	Hiking pack 40L (if you have one)
	Sleeping bag (good to -10 or better if you have one)

Issued Kit

	Sleeping Bag
	Rucksack (military style)
	Tent (3 man)
	Rain Pants (military style)
	Rain jacket (military style)