



## YETI Outdoor Program

### Thompson Trek- Participant Gear Checklist

*Some Packs and Winter Clothing Available via the YETI Program*

- MEDICAL** - If you require any specific medications (Ex: Ventalin, Epinephrine, etc.) make sure you have this with you.
- FOOD**
  - Use the food list we created during the safety night!
  - Personal snacks as required
- PACK** - Needs to hold food, water, and all of your personal clothing and gear for the day
- 2 x 1L WATER BOTTLE** (Reusable) or **2L WATER BLADDER** \*there are few water sources as we gain elevation.
- LIGHT SOURCE** - headlight (recommended) or flashlight
- COMFORTABLE FOOTWEAR** (Please bring these to the safety night)
- WARM GLOVES**
- TOQUE**
- EXTRA DRY CLOTHES** for the summit
- SACRED SOCKS**
- SUNGLASSES**
- SUNSCREEN (or UV resistant clothing)**
- INSECT PROTECTION (either repellent or clothing)**
- LAYERS:** avoid cotton if possible
  - Waterproof Jacket (Shell or Lined)
  - Warm Top Layer
  - Base Top Layer
  - Waterproof Bottom Layer
  - Thermal Bottom Layer