



## YETI Outdoor Program

### Hiking/Paddling Kootenay Provincial Park - Participant Checklist

- Medical** - If you require any specific medications (Ventolin, Epinephrine, etc.) make sure you have this with you.
- Footwear.** Have footwear you are okay with getting wet. Bring dry footwear to change into after the raft trip. You will also need good footwear for the hike on Saturday.
- Water** - 1 L reusable bottle. There will be access to water at Camp.
- Food** - a detailed food list will be created at the pre-trip planning night.
- Sunscreen**
- Camping Equipment** - *equipment is available through the program. Please make sure to discuss any personal equipment use with Mr. Fisher before the trip.*
- Clothing List** - *The weather is variable.*
  - Rain Jacket
  - Warm Top Layer (preferably wool)
  - Warm Bottom Layer
  - Shorts and T-Shirts
  - Pants for Hiking
  - Swimwear for the Hot Springs
  - Socks for each day +1 extra pair (dry feet are important!)
  - Clothing for bed - It may be chilly in camp
  - Hat and Sunglasses
  - Light Gloves
  - Toque