



YETI Outdoor Program

East Kootenay Tour - Participant Gear Checklist

- Medical** - If you require any specific medications (Ex: Ventalin, Epinephrine, etc.) make sure you have this with you.
- Food**
 - We are group cooking for this trip
 - Personal snacks as required
- Pack** - Daypack for short hikes.
- Reusable 1L waterbottle
- Light Source** - headlight (recommended) or flashlight
- Sleeping - Provided by program.**
 - Tent - group requirement
 - Sleeping Bag
 - Sleeping Pad

Clothing:

- Rainwear (Jacket and Pants)**
- Footwear** - Closed-toed shoes for light hiking.
- Swimsuit and Towel** - For Hotsprings
- Sacred Socks**
- Sleepwear**
- Warm Clothes for Camp** - It may be cool at night in the Park.
- Warm Baselayer for Rafting - Spray Jacket and Pants Provided**
 - Change of clothes for after rafting