



YETI Outdoor Program

Pilot Bay Backpack/Paddle Trip - Participant Equipment Checklist

The YETI Program will provide tents, sleeping pads, sleeping bags, camp stove, cooking equipment, and pack if needed. We also have a selection of waterproof outerwear if you require it. You are responsible for the following items:

- Medical - If you require any specific medications (Ventalin, Epinephrine, etc.) make sure you have this with you.
- Food - Use your food list we created during our safety night!
- Pack - Needs to hold sleeping bag, pad, clothes, food, cooking equipment, and the portion of the tent you are responsible for.
- Reusable 1L filled Water Bottle (YETI Green bottle would be a good choice!)
- Solid Shoes.** These can be good runners or hiking boots/shoes.
- Light source - flashlight or headlamp
- Hat and Sunglasses
- Layers: we **MAY** encounter cool conditions at this time of year.
 - Good water resistant jacket
 - Warm top layer
 - Base layer
 - Water resistant bottom layer
 - Warm Bottom Layer
 - **Extra socks (Sacred Socks in water tight bag)**
 - Gloves or Mitts
 - Toque