



Toll free: 1.888.344.6424 admin@gah.ca www.goldenalpineholidays.com

SUMMER PACKING LIST

HIKING CLOTHING	APRES CLOTHING/MISC	TOILETRIES
<ul style="list-style-type: none"> ✓ Medium weight hiking boots (no lightweight hiking boots or runners) ✓ Warm fleece jacket ✓ 2 pairs hiking socks ✓ 1 long-sleeve undershirt (polypro) ✓ 1 pair light hiking pants ✓ Rain jacket and pants (waterproof/Gortex) ✓ Toque or warm hat ✓ Bathing suit (optional) ✓ T-shirt ✓ Long sleeve shirt ✓ Light fleece sweater ✓ Sun/rain hat ✓ Bandana ✓ Gaiters ✓ Light gloves or mittens ✓ 1 set of long underwear ✓ Lg. Backpack 20~30L 	<ul style="list-style-type: none"> ✓ Warm Sweater or fleece ✓ Comfortable après hiking pants & shorts ✓ T-shirt ✓ Good book ✓ Camera/Film ✓ Your favorite energy snacks ✓ Ear plugs for snoring noise protection ✓ Bathing Suit ✓ Shoes/Sandals for inside lodge (Croc/Holeys soles work great!) ✓ Contact Lens kit ✓ Needle & Thread ✓ Bug spray ✓ Flashlight/headlamp ✓ Sunglasses ✓ Water Bottle (1 Litre) ✓ Collapsible Walking Poles ✓ Collapsible Umbrella ✓ Pocket Knife 	<ul style="list-style-type: none"> ✓ Bath towel ✓ Face cloth ✓ Toothbrush, comb, razor etc. ✓ Don't pack soaps – Biodegradable soaps and shampoos are supplied at each lodge ✓ Sunscreen/lip balm ✓ No electric appliances
		FIRST AID KIT
		<ul style="list-style-type: none"> ✓ Medical Tape ✓ Band Aids ✓ Tensor ✓ Safety Pins ✓ Personal Meds ✓ Anti-blister material ✓ Anti-inflammatories ✓ 2nd skin ✓ Antiseptic cream

IMPORTANT!

- On your fly-in day please arrive at the meeting place dressed to hike. Your daypack should be organized and ready.
- There is a 35lb weight restriction on luggage and you should only have 2 items:
 - A day hiking size backpack 20~30L
 - A medium duffle bag of clothes (no suitcases or hard luggage)
- **NB:** New boots that are not broken in will cause extreme pain and blistering. Please bring reliable, broken-in footwear for your trip. A ¾ to full shank hiking boot is recommended.



Toll free: 1.888.344.6424 admin@gah.ca www.goldenalpineholidays.com

TRAVERSE INFORMATION

- If you are traversing please pack all personal items in one pack (~ maximum 30L).
- You will carry your flat sheet and pillowcase provided by GAH between lodges.
- You will have the opportunity to send personal items (change of hut clothes/ shoes, alcoholic beverages etc.) to your second and/or third lodges. Please pack these items in a separate stuff sack.
- When you traverse you may leave items you do not want to carry at previous lodge. These items will be flown out at the end of your trip.
- It is only necessary to carry the minimal amount of hiking gear, your sheet, pillowcase, towel and toiletries between lodges.

Please feel free to call our office for more information. We look forward to hiking with you this summer!!