

Three Capes Traverse Gear List

LUGGAGE & PACKING AIDS

- Backpack & Raincover
- Ultralight Summit Pack
- Packing Cubes
- Backpack Duffle for Plane

BASIC TRIP GEAR

- Mobile Phone with GPS (download maps)
- Whistle
- Sun Glasses
- Headlamp & Extra Batteries
- Emergency Toilet Paper
- Sun Lotion & Lip Balm
- Camera & Accessories
- Sitting Pad
- Water Bladder & Hose
- Water Bottle (1)
- Trail Meds (Aleve)
- Contacts / Eye Glasses
- Hygiene Kit
- Binoculars
- Personal Medications

CAMPING GEAR

- Sleeping Bag & Pillow
- Stove & Lighters
- Cooking Pot & Filter Cloth
- Eating Bowl & Mug
- Eating Utensils & Napkins
- Water Jugs / Bucket
- Rodent Proof Food Sack
- Tent & Camp Lanterns

FOOTWEAR & TRANSIT GEAR

- Trail Boots
- Trekking Poles
- Camp Shoes & Socks

PERSONAL GEAR

- _____
- _____
- _____
- _____
- _____

BASIC TRIP CLOTHING

- Underwear (2) & Bra (1)
- Short Sleeve Hiking Shirts (2 or 3)
- Long Sleeve Hiking Shirt or Jersey (1)
- Convertible Pants (1)
- Fleece or Soft Shell Jacket
- Light Weight Synthetic or Down Coat
- Ultra Light Windbreaker
- Shell Parka & Pants
- Sun Hat & Neck Cape
- Tuque / Beanie & Buff
- Gloves
- Hiking Socks (2)
- Camp Tuque & Shirt & Pants
- Pee Cloth (for women)
- Travel Clothes

TRAVEL ITEMS

- Passport
- Debit Card w/no foreign fees
- Credit Card w/no foreign fees
- Permits & Confirmations
- Phone Recharger Cable
- Power Adapter / USB Plug
- Headphones
- Journal & Pens

BASIC GROUP GEAR

- Paper Route Maps
- Route Beta
- Satellite Texter & Cable
- First Aid / Repair Kit

HIKING FOOD & DRINKS

- Rehydratable Dinners
- Dessert & Hooch
- Snack Food
- Energy Bars
- Recovery Drink
- Electrolytes