

Solstice Recreation Group BC Central Coast Expedition Gear List 2019



The following list represents all that you will need to be comfortable and safe during the expedition.







- Avoid the temptation to bring extra things, as every ounce counts. You will be transporting your personal gear, plus some group gear on the trip.






The following list includes MEC product numbers. Please note that these product numbers occasionally change and may not register online. In this case, please look for something that is comparable. Whatever you get must be of similar quality and function.


If you have any questions about this list or about gear, please contact us:

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Qty	Item Description	MEC #	Photo
Sleeping Gear			
1	<p>*Key Item Sleeping bag with hood (rated to 0°C)</p> <p><i>Get into the sleeping bag to ensure that it is big enough!</i></p> <p>For those who want more room, a larger fitting bag!</p>	<p>Men: 5041-029</p> <p>Women: 5041-030</p> <p>Or 5025-519</p>	
1	<p>*Key Item Full-length Sleeping pad</p> <p>Therm-a-Rest NEOAIR (light, warm, comfortable)</p>	5041-048	
Clothing			



<p>1 top 1 bottom</p>	<p>Thermal long underwear, *top and bottom</p> <p>This is a base/wicking layer worn next to your skin, can be wool or synthetic material</p>	<p>Women: 5033-441 5026-603</p> <p>Men: 5033-447 5026-602</p>	
<p>2</p>	<p>Short sleeved shirts</p> <p>Preferably synthetic, fast drying</p>	<p>Women: 5033-438</p> <p>Men: 5039-855</p>	
<p>1 top 1 bottom</p>	<p>Mid layer top & bottom</p> <p>Fleece or wool - worn over base layer</p>	<p>Women: 5031-956 5042-225</p> <p>Men: 5034-297 5042-134</p>	
<p>1</p>	<p>*Key Item</p> <p>Synthetic fill Jacket</p> <p>Very warm insulating jacket worn over mid layer, no down fill please</p>	<p>Women: 5042-226</p> <p>Men: 5042-141</p>	
<p>1</p>	<p>*Key Item</p> <p>Gore-Tex rain jacket with LARGE hood. Must be waterproof and breathable</p> <p>e.g. Hydrofoil Jacket</p>	<p>Women: 5034-278</p> <p>Men: 5034-289</p>	
<p>1</p>	<p>Gore-Tex rain pants</p> <p>Pants with full leg zip ideal for ease of taking on and off over boots</p>	<p>Women: 5047-607</p> <p>Men: 5044-963</p>	

1	Shorts Long running shorts or soccer shorts work well	Women: 5039-548 Men: 5050-642	
1	Trekking pants Have zip off bottoms	Women: 5039-363 Men: 5047-095	
2	Sets of Underwear Synthetic material best!		Your choice!
2 Liners 2 hiking	Socks, thin liner socks (2) mid-weight hiking socks (4) e.g. Wigwam Gobi Liner socks are very thin and worn under the other sock to prevent blisters	4002-218 5048-005	
1	Hiking/Trekking Boots e.g. Vasque Breeze Boots should be lightweight, comfortable and broken in. Tip: Those with wider feet may want to try Salomon Quest 4D GTX.	Women: 5050-056 Men: 5029-846	
1	Teva or Keen type sandals	Women: 5003-151 Men: 5003-150	

1	Warm Toque/Hat	5034-390	
1	Balaclava <u>(Optional Item!)</u>	5022-654	
1	Liner gloves, thin (synthetic)	5008-394	
1	Mittens – with removable liners (Removable liners dry faster) <u>(Optional Item!)</u>	5024-105	
1	Sun hat, full brimmed or baseball cap Full brim sun hat offers more protection	5023-552	
1	Bathing Suit A regular bathing suit is fine	Women: 5034-932 Men: 5040-830	

Accessories

1	<p>Sunglasses with strap</p> <p>Wraparound style</p>	5028-587	
2	<p>1 liter water bottles</p> <p>BPA Free</p>	5018-501	
1	<p>Water Bottle Parka</p> <p>Keep 1 liter of water warm on colder days</p>	5030-717	
1	<p>Pee Bottle (1 liter size)</p> <p>Recommended for women: a "pee funnel"</p>	<p>Bottle: 5017-275</p> <p>Pee Funnel 5038-000</p>	
1	<p>Headlamp (LED type)</p> <p>Bring one extra set of batteries (usually AAA)</p>	5039-357	
1	<p>Pack Towel</p> <p>Lightweight, synthetic travel towel</p>	5025-400	


1	Small Binoculars <u>(Optional)</u>	5035-101	
1	Swiss Army Knife/multi tool <u>(Optional)</u>	0901-165	






Personal Health - Toiletries

- Toothbrush and toothpaste
- Comb
- Sunblock @ SPF 30+
- Sunblock Lip Balm @ SPF 40+
- Bug Spray
- Hand sanitizer (small 60 mg size)
- Baby wipes (16+ wipes in a zip-lock bag) or instant mini-towels (Towtabs)
- Toilet paper (1-2 rolls in a zip-lock bag)
- Small first-aid kit (4 band-aids, 10 Advil tablets, personal medications)
- Feminine hygiene products

Personal Items

- Soft Foam Ear Plugs (multiple sets) → highly recommended!
- Eye mask for sleeping, longer daylight hours on Northern trips
- Waterproof camera (with extra batteries) → small point-and-shoot camera is best
- Journal and pencil
- Waterproof watch

1	Hiking Backpack 80+ Liters in volume	5034-394	
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1 pair	Hiking Poles	5043-503	
1 pair	Gaiters	0210-021	
1 pair	Camp Shoes Old nylon running shoes are best	5040-073	
1	"Bug shirt" To keep insects off your head and upper body	5047-909	
1	Ocean Paddling Day Pack 70 liters in volume	5030-374	
1	Dry sack	5046-550	

	15-20 liters in volume		
1	Neoprene Socks To be worn with sandals	4013-787	
1	 Rubber Boots For Campsite	Women: 5051-661 Men: 5051-664	 
1	Neoprene Gloves for Paddling	5034-352	