

SILA SOJOURNS CLOTHING AND EQUIPMENT LIST FOR PRIMROSE

The following is a list of the clothing and equipment you will want to consider when packing for your trip

CLOTHING:

When selecting clothing keep in mind the following principles about staying warm and dry:

LAYERING: It is very effective to wear layers of clothing to stay warm, as the air trapped between the layers acts as an insulator. Layering also allows you to regulate your body heat by adjusting the number of layers, depending on the temperature and your activity level. There are 3 main layers: "Transfer" which is the layer next to your skin; "Insulating" which is the main warmth layer(s); and "Protective" which is the outer layer to protect you from wind, rain and other elements.

KEEPING DRY:

Wetness increases the loss of body heat and is uncomfortable, so it is important to stay as dry as possible. Some clothing is hydrophobic, and therefore stays dry (ie. synthetics such as polypropylene, capilene and natural fibres such as wool and silk). Clothes made of these materials make great expedition clothing. Cotton is fine for a camp based trip such as this but I recommend at least some hydrophobic materials for hiking days

FOOTWEAR:

- 1 pair medium or light weight hiking boots or sturdy walking shoes
- 1 pair running shoes (or/and sandals) for around camp
- 4 pair socks (preferably wool or moisture wicking material)

HANDWEAR and HEADGEAR

- 1 pair tuque (wool or fleece)
- 1 light foldable sunhat (eg. baseball cap)
- 1 pair mitts or gloves (wool or fleece)

UPPER BODY:

- 2 t-shirts
- 1-2 long sleeved shirts (lightweight wool or cotton/synthetic blends)
- 1 long sleeve collared shirt made of tightly woven fabric (good for bug protection IF we have any mosquitoes)
- 1 sweater/jacket (pile or wool)
- 1 down or synthetic vest, lightweight downjacket, or extra pile or wool sweater
- 1 waterproof rain jacket with hood (coated nylon or Gortex-type fabric)

LOWER BODY:

- 1 pair shorts
- 1 pair moisture wicking long underwear

- 2 pairs hiking pants (quick drying fabric and baggy enough to be comfortable)
- 1 pair fleece pants (or warm pants of another fabric)
- 1 pair rain pants

Additional (optional)

- 1 swimsuit
- 1 pair gaitors (ankle or knee length to cover top of hiking boot/shoe)

EQUIPMENT:

Sleeping Bag and Pad:

- 1 3-season sleeping bag -that can be stuffed into a small stuff sac
- 1 thermarest or closed -cell ensolite pad (for those staying in tents)

Pack:

- 1 day pack (sturdy with hip belt)
- 1 waterproof pack cover (or plastic bags to line inside of pack)

Additional Gear:

- 1 pair sturdy dark glasses
- 1 pair extra prescription glasses or contact lens
- 1 water bottle (liter size)
- 1 toiletry kit - biodegradable soap, toothbrush and small tube toothpaste, dental floss, small container moisturizing cream
- 1 towel
- 1 small container mosquito repellent (optional)
- 1 small container sunscreen (at least 15 SPF) and lip salve/block
- 1 whistle (optional)

FIRST AID

Your guides will carry an extensive first aid kit; however, you should bring the following items for your personal use: bandaids, 1 roll gauze, small telfa or gauze pads), blister kit (moleskin or "second skin"), adhesive tape, topical antibiotic ointment (eg. polysporin), antacid, mild analgesic (eg. aspirin, tylenol), anti-inflammatory (eg. Ibuprofin) and any personal medications (bring extra)

OPTIONAL ITEMS:

bear spray (must be purchased locally if you are flying into the Yukon) (your guide will have some)
 hiking pole(s)
 swiss army style knife
 camera (insured for loss or damage recommended), extra batteries, film or extra cards
 small binoculars
 relevant maps
 journal, pens, art supplies
 book,
 favourite writings/poetry to share, etc
 small musical instrument

SUGGESTIONS:

Yukon spring, summers or fall can be cold as well as hot, wet as well as dry. Be prepared for all extremes.

2. Warm pants or long underwear is a must, especially if the weather is cold or rainy. A good combination for rainy days is long underwear with rain pants over top.
3. Stuff sacs of various sizes are helpful in organizing your gear

SUPPLIERS

If you are unable to obtain good outdoor equipment locally you can also purchase by mail order. Two of the major suppliers in Canada and in the USA are:

Mountain Equipment Co-op Vancouver, BC 1:800-663-2667 www.mec.ca

R.E.I. (Recreational Equipment Inc.) Seattle, WA 1:800-426-4840 www.rei.com

There are also a variety of outdoor equipment stores in Whitehorse, Yukon (Coast mountain Sports, and Sportslodge , both on Main St)