

# SILA SOJOURNS

## YUKON HIKING CLOTHING AND EQUIPMENT LIST

The following is a list of the clothing and equipment you will need on your expedition. It is important that you follow this list accurately for your own comfort and well-being

### 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. Be careful of other materials (eg. cotton and down) because they are absorbent and stay wet. Also, avoid overdressing as it can cause excess perspiration and therefore wetness.

Gore-tex - A laminated fabric manufactured to be waterproof and breathable.

Polypropylene and capilene- lightweight synthetic fabrics that transfer moisture away from your skin.

Pile/fleece - a polyester fabric that is lightweight and soft. It is warmer than wool per pound, insulates even when wet, and dries quickly.

### FOOTWEAR:

- 1 pair medium weight hiking boots that give good ankle support (higher than ankle) and are waterproofed (For day trips light weight boots or sturdy shoes would suffice)
- 1 pair running shoes (which are suitable for wearing during stream crossings if you object to getting your boots wet, and suitable for walking over easy terrain if your feet become blistered and need break from your boots)
- 2 sets sock combinations - eg. 2 pr. light weight and 2 pr. heavy weight (not cotton)

### 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
- 2 long sleeved shirts (lightweight wool or cotton/synthetic blends)
- 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)
- 1 bug jacket - recommended for midsummer hiking trips. Mosquito head net will suffice with long sleeve collared shirt made of tightly woven fabric.

#### LOWER BODY:

- 1 pair shorts (fast drying preferably)
- 1-2 pairs moisture wicking long underwear
- 1-2 pairs hiking pants (quick drying fabric and baggy enough to be comfortable)
- 1 pair fleece pants
- 1 pair rain pants

#### Additional:

- 1 swimsuit (optional)
- 1 pair gaitors (optional)
- 1 bandana

#### EQUIPMENT:

##### Sleeping Bag and Pad:

- 1 3-season sleeping bag -that can be stuffed into a small stuff sac
- 1 closed -cell ensolite pad or thermarest

##### Pack:

- 1 backpack - internal or external frame an capable of carrying 23 kg (50 lb.) and fitted with comfortable hip belt
- 1 waterproof pack cover (or ensure stuff sacs inside pack are waterproofed with plastic bags)

##### Additional Gear:

- 1 pair sturdy dark glasses
- 1 pair extra prescription glasses or contact lens
- 1 water bottle (liter size) preferably with wide mouth
- 1 cup, bowl, spoon
- 1 swiss Army style knife
- 1 toiletry kit - small container biodegradable soap, toothbrush and small tube toothpaste, dental floss, small container moisturizing cream, small towel or cloth

1 small container mosquito repellent (optional)  
1 small container sunscreen (at least 15 SPF) and lip salve/block  
1 whistle  
1 container waterproof matches or lighter  
extra garbage bags for waterproofing

#### 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)  
walking stick or hiking pole(s)  
camera (insured for loss or damage recommended), extra batteries, film or extra cards  
small binoculars  
compass and relevant maps  
journal &/or book  
sewing kit (heavy thread and needle)

#### PLEASE NOTE:

Group equipment such as tents, stoves, pots, and food are all provided. We encourage you to bring your own tent if you would like to, but please clear its performance with us first and then confirm that you will be bringing it. As a general rule, do not be hasty in buying new equipment. Talk to experienced travelers to ensure that you purchase durable high quality clothing and equipment that you will continue to be able to use.

#### SUGGESTIONS:

1. Yukon summers 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 (waterproof sacs or nylon sacs with garbage bags inside) are helpful in organizing your gear and keeping it dry.

#### 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](http://www.mec.ca)  
R.E.I. (Recreational Equipment Inc.) Seattle, WA 1:800-426-4840 [www.rei.com](http://www.rei.com)

There are also a variety of outdoor equipment stores in Whitehorse, Yukon