

Annex E

PERSONAL KIT LIST

Amount	Equipment
1	Hiking Footwear
1	Hiking Backpack **
1	Raingear
1	Coat
1	Change of Clothes
1	Warm winter toque /hat
1	Sun Hat
1	Pair of gloves
1	Complete change of clothes
	Change of underwear and socks for each day
1	Thermal Underwear
1	Sleeping Bag **
1	sleeping pad/foamy **
1	Flashlight and Batteries
1	Water bottle (1L minimum)
	Personal toiletries
OPTIONAL ITEMS	
	Camera
	Sunglasses as required
	Sunscreen and bug repellent

Items marked with ** are available for loan from 22 RCACS Supply