

Frontier Lodge



Equipment Checklist S.A.L.T.

Please use this form as a check sheet to ensure that you have everything that you need. Items under "Personal Gear" are mandatory. If you do not have access to these items please call ahead and we may be able to help you out.

- Daypack (20-30 Liter Capacity)
- Expedition Backpack (55-80 Liter Capacity)
- Sleeping Bag (Mummy Style and rated to between 0°C and -12°C)
- Sleeping Pad (Therma-Rest or similar for backpacking)
- Rain Shell Jacket (Waterproof/Breathable, Lightweight, Hooded, Gore-tex or similar)
- Rain Shell Pants (Waterproof/Breathable, Lightweight, Gore-tex or similar)
- Base Layers (Top and bottoms, Wool or Synthetic, No Cotton)
- Insulation Layers (At least 2, Wool or Synthetic, No Cotton, Fleece is best)
- T-Shirts (Wool or Synthetic, No Cotton)
- Hiking Pants & Shorts (Synthetic Quick-Dry material, No Cotton, Convertibles are nice)
- Hiking Boots (Sturdy high top boots that have been broken in, Waterproof is best)
- Cup, Bowl and Spoon (For backpacking and overnight trips)
- Swimsuit
- Small Bible & Notebook or Journal
- Toque (Fleece or Wool hat)
- Gloves or Mitts (Fleece or Wool)
- Hiking Socks (2-3 Pair, Wool or Synthetic, No Cotton)
- Running Shoes
- Closed Toed Water Shoes (for Paddling and Canyoning, running shoes work well)
- Sunglasses & Sunscreen
- Insect repellent
- Flashlight or headlamp (LED style is best)
- Camera
- Sun Hat & Bandanna
- Water Bottles or Hydration Bladder (Minimum 2 Liter Capacity)

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- Pillow
- Personal Toiletries (including towel)
- Indoor Shoes or Slippers (for the Lodge)
- Rock Climbing Shoes (Optional, but great for the climbing days)

What NOT to Bring:

- Cell Phones
- Portable Electronics (MP3 players, I-Pods, etc.)
- Snacks that contain nuts (We are a nut aware facility)

If necessary Frontier Lodge can supply some of the above equipment, however the more prepared you are able to come to the program the better. Feel free to let us know if you have any questions and don't stress if you can't bring everything on the list. If you have any other gear of your own that you think may be useful for the different activities, go ahead and bring that as well!

We look forward to having you out here!